

Guantanamo Bay School Meals Menu November 2018









1 July 2018

Dear Sponsor,

Welcome to the NEX Student Meal Program!

The NEX provides meals to PK-12 students on Navy bases in 9 OCONUS locations: Guantanamo Bay, Naples, Sigonella, Rota, Bahrain, Yokosuka/Ikego, Atsugi, Sasebo/Hario, and Guam.

Student meals are priced as a unit. Elementary meals are priced at \$3.00 and secondary meals are priced at \$3.25. The breakfast price for all students is \$1.50. Meal tickets can be pre-purchased at your local NEX or cash may be accepted during the lunch service. It is the responsibility of the sponsor to provide adequate funds for the purchase of school meals.

Meals include student's choice of fresh fruit, fresh vegetable, protein, grain, and low-fat milk. To be considered a meal, each purchase must include at least 3 of the aforementioned components with at least 1 of those components a fruit or vegetable.

NEX offers free or reduced price meals to families in need of financial assistance. To qualify for free or reduced price meals for your child, you must complete the attached application and return to your School Liaison Officer. Be sure to complete the entire application as we are unable to approve incomplete applications. If you have completed an application for previous years, a new application is required each year.

Each month, menus are posted at www.mynavyexchange.com/smp. The SMP offers meals, on a break-even basis, in accordance with the USDA nutrition standards. Whole grains, lean proteins, fresh fruits and vegetables, and low-fat milk are offered on a daily basis.

See you in the cafeteria!

Christina T. Kepa, MS RD

Christina Kepa, MS RD Student Meal Program Specialist Navy Exchange Service Command



Guantanamo Bay School Meals Menu November 2018



Choice of One: Sloppy joe Choice of One: Frish Abdon Chilled Fruit Cup Choice of One Fruit: Frish Abdon Chilled Fruit Cup Choice of Two Veg: Side Saled Green Peas Choice of: It Cold Milk So Choice of One: Mastrad w/Corn Mulffin Choice of One: Choice of One: Choice of One: Mastrad w/Corn Mulffin Choice of One: Choic	W. T. Sampson Flomentary School Lunch Menu							
Choice of One: Sloppy pipe Choice of One Fruit: Fresh Mellon Childer Fruit Cup Choice of One Fruit: Fresh Mellon Childer Fruit Cup Choice of One Fruit: Fresh Mellon Childer Fruit Cup Choice of One Fruit: Fresh Mellon Choice of One Side Salad Green Peas Choice of One Metaltoid W/Corn Mulfill Fresh Mellon Choice of One Metaltoid W/Corn Mulfill Choice of One Metaltoid W	W. T. Sampson Elementary School Lunch Menu							
Fresh Molon Chilled Frait Cup Choice of Two Veg: Side Salad Green Peas Choice of: Inc Cold Milk Choice of: Inc Cold Milk Choice of: Inc Cold Milk Choice of One: Meatlad Wickorn Muffin Choice of One: Annothing Choice of Two Veg: Choice of One: Male Frait Cup Choice of Two Veg: Choice of One: Annothing Choice of Two Veg: Choice of Two Ve	Choice of One:	Choice of One:	Choice of One:	Choice of One:				
Chilled Fruit Cup Choice of Two Veg: Side Salad Green Pess Choice of Choice of Two Veg: Choice of Two Veg: Choice of Two Veg: Choice of Milk 5 Choice of Milk 6 Choice of Milk 7 S Choice of One: Meatitad W/Corn Mufffin Choice of One: Meatitad W/Corn Mufffin Choice of One: Meatitad W/Corn Muffin Choice of One: Meatitad W/Corn Muffin Choice of One: Meatitad W/Corn Muffin Choice of One Fruit: Choice of One Fruit: Choice of One Fruit: Choice of One Fruit: Vectoran's Day Choice of Choice W/Sarric Koll Milk 12 13 Choice of One: Molice of Milk Choice of One: Molice of One: Molice of Milk Choice of One: Molice of Milk Choice of One: Choice of One: Molice of Milk Choice of One: Choice of One: Molice					Teacher's Work Day			
Green Peas Choice of 1 Ice Cold Milk S S Choice of One: Meatload W/Com Muffin Choice of One: Annother One Fruit: Fresh Melon Chilled Fruit Cup Choice of One Fruit: Fresh Maple Choice of One Fruit: Crown Muffin Choice of One Fruit: Fresh Maple Choice of One Fruit: Crown Muffin Choice of One Fruit: Fresh Maple Choice of One Fruit: Crown Muffin Choice of One Fruit: Fresh Maple Choice of One Fruit: Crown Choice of One Fruit: Fresh Maple Choice of Milk 12 13 14 15 16 16 16 16 16 16 16 16 16	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:	redefici 5 Work Buy			
Choice of One: Meatload W/Corn Mufflin Choice of One Fruit: Fresh Meion Childed Fruit Cup Choice of One Fruit: Fresh Meion Childed Fruit Cup Choice of One Fruit: Fresh Manana Childed Fruit Cup Choice of One Fruit: Fresh Meion Childed Fruit Cup Choice of Two Veg: Moshed Potatoes w/Gray Green Peas Choice of Cone Most of One: Most	Green Peas Choice of:	Green Beans Choice of:	Baby Carrots w/Dip Choice of :	Cucumber & Tomato Salad Choice of:				
Choice of One: Meatload w/Coran Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of One Fruit: Fresh Apple Chiled Fruit Cup Choice of One: Mose o					0			
Chilled Fruit Cup Choice of Two Veg: Mashed Potatoes w/Grany Green Beans Choice of Two Veg: Corn Spaghttil WyMear Sauce W/Garin's Day Choice of Two Veg: Corn Corn Green Beans Choice of Two Veg: Choice of Truch Cup Choice of Two Veg: Choice of Truch Cup Choice of Truch Cup Choice of Truch Cup Choice of Two Veg: Choice of Truch W/Garin's Roil Veteran's Day Corn Green Beans Choice of Truch Corn Corn Corn Corn Corn Corn Corn Corn	Choice of One: Meatloaf w/Corn Muffin	Choice of One: Ranch Veg Chicken Wrap	Choice of One: Jerk Chicken w/Beans & Rice	Choice of One: Chicken Tenders w/Roll	Choice of One: Pizza			
Choice of Two Veg: Slage Salad Choice of Two Veg: Choice of Two Veg: Choice of One: Sloppy Joe Choice of One Fruit: Fresh Apple Choice of One: Sloppy Joe Choice of One: Sloppy Joe Choice of One Fruit: Fresh Apple Choice of One: Sloppy Joe Choice of One Fruit: Fresh Melon Choice of One: Slopey Joe Choice of One: Sloppy Joe Choice of One: Sloppy Joe Choice of One: Sloppy Joe Choice of Two Veg: Side Salad Green Peas Choice of Two Veg: Slope Salad Green Peas Choice of Two Veg: Slope Salad Green Peas Choice of One: Meatolar WyCorn Muffin Choice of One: Meatolar WyCorn Muffin Choice of One: Meatolar WyCorn Muffin Choice of One Fruit: Fresh Melon Childed Fruit Cup Choice of One: Meatolar WyCorn Muffin Choice of One: Meatolar WyCorn Muffin Choice of One Fruit: Fresh Melon Childed Fruit Cup Choice of Two Veg: Slope Salad Green Peas Choice of One: Meatolar WyCorn Muffin Choice of One Fruit: Fresh Melon Childed Fruit Cup Choice of Two Veg: Slope Salad Choice of One: Meatolar WyCorn Muffin Choice of One Fruit: Fresh Melon Childed Fruit Cup Choice of Two Veg: Mashed Potatoes Choice of One Fruit: Fresh Melon Choice of One Fruit: Fresh Apple Choice of Two Veg: Mashed Potatoes Choice of Two Veg: Mashed Potatoes Meatolar WyCorn Muffin Choice of One Fruit: Fresh Rappes Choice of Two Veg: Mashed Potatoes WyCorn Muffin Choice of One Fruit: Fresh Rappes Choice of Two Veg: Mashed Potatoes WyCorn Muffin Choice of One Fruit: Fresh Rappes Choice of Two Veg: Mashed Potatoes WyCorn Muffin Choice of One Fruit: Fresh Rappes Choice of Two Veg: Mashed Potatoes WyCorn Muffin Choice of Two Veg: Mashed Potatoes WyCorn Muffin Choice of Two Veg: Mashed Potatoes WyCorn Muffin Choice of Two Veg: Mash	Chilled Fruit Cup	Choice of One Fruit:	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup			
Choice of her country of the Cold Milk 12 NO SCHOOL!!! NO SCHOOL!!! NO SCHOOL!!! Veteran's Day Veteran's Day Veteran's Day Veteran's Day Thanksgiving Celebration Choice of One: Weteran's Day No School!!! Veteran's Day Thanksgiving Celebration Choice of One: Weteran's Day Thanksgiving Celebration Choice of One: Beef Burito Weteran's Choice of One Fruit: Fresh Grapes Choice of Two Veg: Corn Green Beans Choice of Two Veg: Choice of One: Sloppy Joe Choice of One Fruit: Fresh Apple Choice of One Fruit: Fresh Apple Choice of Two Veg: Side Salad Green Peas Green Beans Choice of One: Meatloaf w/Corn Muffin Choice of One Choice of One Fruit: Fresh Melon Choice of One Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Choice of One Fruit: Fresh Melon Choice of One Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Choice of One Choice of One Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Choice of One Choice of One Choice of One Fruit: Fresh Melon Choice of One Choice of One Choice of One Choice of One Meatloaf w/Corn Muffin Choice of One Choice	Green Peas Choice of:	Choice of Two Veg: Corn	Baby Carrots w/Dip Choice of :	Cucumber & Tomato Salad Choice of:	Baked Beans Choice of:			
Choice of One: Spaghetti w/Meat Sauce w/Garlic Roll Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg: Choice of One Fruit: Fresh Apple Choice of Two Veg: Choice of One Fruit: Fresh Apple Choice of One: Mixed Vegetables Choice of One: Choice of One Fruit: Fresh Grapes Fresh Oranges Choice of One: Mixed Vegetables Choice of One: Choice of One: Mixed Vegetables Choice of One: Sloppy Joe Choice of One: Sloppy Joe Choice of One: Sloppy Joe Choice of One Fruit: Fresh Apple Choice of Two Veg: Choice of One: Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of Two Veg: Mashed Potatoes W/Gravy Green Peas Choice of One Fruit: Fresh Melon Choice of Two Veg: Mashed Potatoes W/Gravy Green Peas Choice of Two Veg: Choice of Two Veg: Mashed Potatoes W/Gravy Green Peas Choice of Two Veg: Choice of Tw	Ice Cold Milk	Choice of:	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk			
NO SCHOOL!!! Veteran's Day Spaghetti w/Neat Sauce w/Garlic Roll Choice of One Fruit: Fresh Apple Childer Fruit Cup Choice of Two Veg: Corn Green Beans Choice of Ine Sloppy Joe Choice of One Fruit: Fresh Apple Childer Fruit Cup Choice of One Fruit: Fresh Manan Childer Fruit Cup Choice of One Sloppy Joe Choice of One Fruit: Fresh Melon Childer Fruit Cup Choice of Two Veg: Choice of One Fruit: Fresh Melon Childer Fruit Cup Choice of Two Veg: Choice of One Choice of Two Veg: Choice of One Choice of Two Veg: Choice of Two Veg: Choice of One Choice Choice Choice Choice Choice Choice Choice Choic	12		= '					
Veteran's Day Fresh Apple Chilled Fruit Cup Choice of Two Veg: Corn Green Beans Choice of: Ice Cold Milk 19 20 21 22 23 Choice of One: Sloppy Joe Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Side Salad Green Peas Green Beans Green Beans Green Beans Green Beans Choice of Two Veg: Side Salad Green Peas Green Beans Green Beans Green Beans Green Beans Green Beans Green Beans Choice of One: Sloppy Joe Choice of Two Veg: Side Salad Green Peas Green Beans Choice of Two Veg: Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Meatloaf w/Gorn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of One: Meatloaf w/Gorn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Mashed Potatose w/Gravy Green Beans Choice of One: Meatloaf w/Gorn Muffin Choice of One: Meatloaf w/Gorn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Mashed Potatoses w/Gravy Green Beans Choice of Two Veg: Mashed Potatoses w/Gravy Green Peas Green Beans Choice of Two Veg: Mashed Potatoses w/Gravy Green Beans Choice of Two Veg: Mashed Potatoses w/Gravy Green Beans Choice of Two Veg: Choice of Two Veg: Mashed Potatoses w/Gravy Green Beans Choice of Two Veg: Mashed Potatoses w/Gravy Green Beans Choice of Two Veg: Miled Fruit Cup Choic	NO SCHOOL!!!	Spaghetti w/Meat Sauce w/Garlic Roll	Choice of One: Turkey w/Stuffing w/Cornbread	Beef Burrito w/Mexican Rice	Cheese Pizza Choice of One Fruit:			
Corn Green Beans Choice of: Ice Cold Milk 19 20 Choice of One: Sloppy Joe Choice of Two Veg: Side Salad Green Beans Choice of: Ice Cold Milk 26 Choice of One: Blaked Beans Choice of: Ice Cold Milk NO SCHOOL!!! Thanksgiving Day Choice of Two Veg: Choice of Two Veg: Choice of One: Choice of One Fruit: Fresh Grapes Choice of One Fruit: Fresh Grapes Choice of Two Veg: Choice	Veteran's Day	Fresh Apple Chilled Fruit Cup	Fresh Grapes Fresh Oranges	Fresh Banana Chilled Fruit Cup	Chilled Fruit Cup Choice of Two Veg:			
Ice Cold Milk Ice Cold Mil		Corn Green Beans	Mashed Potatoes w/Gravy Green Bean Casserole	Mixed Vegetables Cucumber & Tomato Salad	Baked Beans Choice of:			
Choice of One: Sloppy Joe Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Side Salad Green Peas Green Beans Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Choice of One: Meatloaf w/Corn Muffin Choice of One: Fruit: Fresh Melon Grilled Fruit Cup Choice of Two Veg: Lice Cold Milk Z6 Choice of One: Meatloaf w/Corn Muffin Choice of One: Fresh Melon Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas Choice of: Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas Choice of: Choice of Two Veg: Choice of: Choice of: Choice of: Choice of Two Veg: Choice of: Choice of: Choice of: Choice of: Choice of: Choice of Two Veg: Choice of Two Veg: Choice of Two Veg: Choice of:					lce Cold Milk			
Sloppy Joe Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Side Salad Green Peas Choice of One: Ice Cold Milk 26 Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Choice of One Fruit: Fresh Melon Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Choice of Two Veg: Meatloaf w/Corn Muffin Choice of Two Veg: Choice of One Fruit: Fresh Melon Choice of One Fruit: Fresh Melon Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of One Fruit: Fresh Apple Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas Choice of One Fruit: Choice of One Fruit: Fresh Apple Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas Choice of Two Veg: Choice of Two Veg: Green Peas Choice of Two Veg: Choice of Two Veg: Green Peas Choice of Two Veg: Choice of Two Veg: Green Peas Choice of Two Veg: Choice of Two Veg: Choice of Two Veg: Choice of Two Veg: Baby Carrots w/Dip Choice of One: Fresh Grapes Choice of One: Choice of One: Choice of One: Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg: Baby Carrots w/Dip Choice of Two Veg: Choice of One: Choice of One: Choice of Two Veg:	==		==	22	23			
Chilled Fruit Cup Choice of Two Veg: Side Salad Green Peas Choice of: Ice Cold Milk 26 Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of One Fruit: Fresh Melon Choice of Two Veg: Choice of One Fruit: Fresh Melon Choice of Two Veg: Choi	Sloppy Joe Choice of One Fruit:	Soft Tacos Choice of One Fruit:	Breakfast for Lunch Choice of One Fruit:	NO SCHOOL!!!	NO SCHOOL!!!			
Green Peas Choice of: Ice Cold Milk 26 Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas Green Peas Choice of Two Veg: Green Peas Choice of Two Veg: Choice of Two Veg: Choice of Two Veg: Choice of Two Veg: Green Peas Choice of Two Veg: Choice of Two Veg: Green Peas Choice of Two Veg: Choice of Two Veg: Green Peas Choice of Two Veg: Choice of Two Veg: Green Peas Choice of Two Veg: Choice of T	Chilled Fruit Cup Choice of Two Veg:	Chilled Fruit Cup Choice of Two Veg:	Chilled Fruit Cup Choice of Two Veg:	Thanksgiving Day	BREAK			
Choice of One: Meatloaf w/Corn Muffin Choice of One Fruit: Fresh Melon Chilled Fruit Cup Grien Peas Green Peas Ice Cold MilkChoice of One: Choice of One Fruit: Grilled Chicken Wrap MyToasted Flatbread Choice of One Fruit: Fresh Apple Choice of Two Veg: Green BeansChoice of One: Jerk Chicken w/Beans & Rice Choice of One Fruit: Fresh Grapes Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Baby Carrots w/Dip Choice of: Choice of: Choice of: Choice of: Choice of: Choice of One: Choice of One Fruit: Fresh Banana Choiled Fruit Cup Choiled Fruit Cup Choice of Two Veg: Baby Carrots w/Dip Choice of: Choice of: Choice of: Cucumber & Tomato Salad Choice of: Choice of: Choice of:	Choice of:	Choice of:	Choice of:					
Fresh Melon Chilled Fruit Cup Choice of Two Veg: Green Peas Choice of: Choice of: Choice of: Choice Of Mel Fruit Cup Choice of Two Veg: Green Beans Fresh Apple Choice of: Choice of Two Veg: Choice of: Choice of Two Veg: Choice of: Choice of Two Veg: Choice of: Choice of One Fruit: Fresh Banana Choice of One Fruit: Fresh Banana Choice of Two Veg: Chilled Fruit Cup Choice of Two Veg: Baby Carrots w/Dip Choice of: Choice of: Choice of: Choice of: Choice of: Choice of Two Veg: Steamed Broccoli Baked Beans Choice of: Choice of Two Veg: Choice of Two Ve	Choice of One: Meatloaf w/Corn Muffin	Choice of One: Ranch Veg Chicken Wrap	Choice of One: Jerk Chicken w/Beans & Rice	Choice of One:	Choice of One:			
Mashed Potatoes w/Gravy Green Peas Choice of Two Veg: Choice of Two Veg: Baby Carrots w/Dip Choice of: Corn Choice of: Corn Choice of: Corn Choice of: Corn Choice of: Choice of: Choice of: Choice of: Choice of: Choice of: Cucumber & Tomato Salad Baked Beans Choice of: Choice of: Choice of: Choice of: Choice of: Choice of: Choice of Two Veg: Steamed Broccoli Baked Beans Choice of: Choice of: Choice of:	Fresh Melon Chilled Fruit Cup	w/Toasted Flatbread Choice of One Fruit:	Fresh Grapes Chilled Fruit Cup	Fresh Banana	Fresh Orange			
Ice Cold Milk Green Beans Ice Cold Milk Choice of: Choice of:	Mashed Potatoes w/Gravy Green Peas	Chilled Fruit Cup Choice of Two Veg:	Roasted Potatoes Baby Carrots w/Dip	Choice of Two Veg: Mixed Vegetables	Choice of Two Veg: Steamed Broccoli			
Ice Cold Milk		Green Beans Choice of:		Choice of:	Choice of:			

Meal Prices: Elementary: \$3.00 Secondary: \$3.25 To participate in the Guantanamo Bay Student Meal Program, please purchase tickets at the NEX Customer Service Desk or provide cash during daily lunch service.

Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.



This institution is an equal opportunity employer



Guantanamo Bay School Meals Menu November 2018



W. T. Sampson High School Lunch Menu							
29	30	31	November 1	2			
Choice of One:	Choice of One:	Choice of One:	Choice of One:	_			
Sloppy Joe	Soft Tacos	Breakfast for Lunch	Lasagna w/Garlic Roll	NO SCHOOL!!!			
Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:				
Fresh Melon	Fresh Apple	Fresh Grapes	Fresh Banana	Teacher's Work Day			
Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	reaction 3 Work Bay			
Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:				
Side Salad	Corn	Roasted Potatoes	Mixed Vegetables				
Green Peas	Green Beans	Baby Carrots w/Dip	Cucumber & Tomato Salad				
Choice of:	Choice of:	Choice of:	Choice of:				
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk				
5	6	7	8	9			
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:			
Meatloaf w/Corn Muffin	Ranch Veg Chicken Wrap	Jerk Chicken w/Beans & Rice	Chicken Tenders w/Roll	Pizza			
Choice of One Fruit:	Grilled Chicken Salad	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:			
Fresh Melon	w/Toasted Flatbread	Fresh Grapes	Fresh Banana	Fresh Orange			
Chilled Fruit Cup	Choice of One Fruit:	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup			
Choice of Two Veg:	Fresh Apple	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:			
Mashed Potatoes w/Gravy	Chilled Fruit Cup	Roasted Potatoes	Mixed Vegetables	Steamed Broccoli			
Green Peas	Choice of Two Veg:	Baby Carrots w/Dip	Cucumber & Tomato Salad	Baked Beans			
Choice of:	Corn	Choice of:	Choice of:	Choice of:			
Ice Cold Milk	Green Beans Choice of:	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk			
	Ice Cold Milk						
12	13	14	15	16			
12	==						
	Choice of One:	Thanksgiving Celebration	Choice of One:	Choice of One:			
NO SCHOOL!!!	Spaghetti w/Meat Sauce	Choice of One:	Beef Burrito	Cheese Pizza			
	w/Garlic Roll	Turkey w/Stuffing w/Cornbread Choice of Fruit:	w/Mexican Rice Choice of One Fruit:	Choice of One Fruit:			
	Choice of One Fruit: Fresh Apple	Fresh Grapes	Fresh Banana	Fresh Orange Chilled Fruit Cup			
Veteran's Day	Chilled Fruit Cup	Fresh Oranges	Chilled Fruit Cup	Choice of Two Veg:			
	Choice of Two Veg:	Choice of Vegetables:	Choice of Two Veg:	Steamed Broccoli			
	Corn	Mashed Potatoes w/Gravy	Mixed Vegetables	Baked Beans			
	Green Beans	Green Bean Casserole	Cucumber & Tomato Salad	Choice of:			
	Choice of:	Choice of:	Choice of:	Ice Cold Milk			
	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	100 0014 111111			
19	20	21	22	23			
Choice of One:	Choice of One:	Choice of One:					
Sloppy Joe	Soft Tacos	Breakfast for Lunch	NO SCHOOL!!!	NO SCHOOL!!!			
Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:					
Fresh Melon	Fresh Apple	Fresh Grapes Chilled Fruit Cup					
Chilled Fruit Cup Choice of Two Veg:	Chilled Fruit Cup Choice of Two Veg:	Choice of Two Veg:	Thanksgiving Day	BREAK			
Side Salad	Corn	Roasted Potatoes					
Green Peas	Green Beans	Baby Carrots w/Dip					
Choice of:	Choice of:	Choice of:					
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk					
26	27	28	29	30			
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:			
Meatloaf w/Corn Muffin	Ranch Veg Chicken Wrap	Jerk Chicken w/Beans & Rice	Chicken Tenders w/Roll	Pizza			
Choice of One Fruit:	Grilled Chicken Salad	Choice of One Fruit:	l				
Fresh Melon	w/Toasted Flatbread	Fresh Grapes	Choice of One Fruit:	Choice of One Fruit:			
Chilled Fruit Cup	Choice of One Fruit:	Chilled Fruit Cup	Fresh Banana	Fresh Orange			
Choice of Two Veg:	Fresh Apple	Choice of Two Veg:	Chilled Fruit Cup	Chilled Fruit Cup			
Mashed Potatoes w/Gravy	Chilled Fruit Cup	Roasted Potatoes	Choice of Two Veg:	Choice of Two Veg:			
Green Peas	Choice of Two Veg:	Baby Carrots w/Dip	Mixed Vegetables	Steamed Broccoli			
Choice of:	Corn	Choice of:	Cucumber & Tomato Salad	Baked Beans			
Ice Cold Milk	Green Beans	Ice Cold Milk	Choice of:	Choice of:			
	Choice of:		Ice Cold Milk	Ice Cold Milk			
	Ice Cold Milk	<u> </u>					

Meal Prices: Elementary: \$3.00 Secondary: \$3.25 To participate in the Guantanamo Bay Student Meal Program, please purchase tickets at the NEX Customer Service Desk or provide cash during daily lunch service.

Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.

