



School Information: Thanksgiving Dinner will be served on November 20, If you would like to join your student for lunch that day, Please contact the school office by Nov.18th

Nutrition Tip: Increase veggie intake. Here are some ideas:

- Double the vegetables prepared for dinner and use leftovers in future meals
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

Monday

Pepperoni Pizza **2**
Tossed Salad
Baby Carrots
Pineapple Tidbits
Milk

Tuesday

Chicken Patty **3**
Mashed Potatoes/Gravy
Fresh Broccoli Florets
Wheat Roll & Jelly
Banana, Milk

Wednesday

Taco Burger **4**
Tomato Salsa
Leaf Lettuce & Tomato
Seasoned Corn
Fresh Orange , Milk

Thursday

Lasagna **5**
Garlic bread stick
Garden Salad
Fresh Apple
Graham Snack, Milk

Friday

Deli Ham & Cheese **6**
Whole Wheat Bun
Vegetable Soup
Fresh Baby Carrots
Diced Peaches, Milk

Hamburger on a Bun **9**
Leaf Lettuce & Tomato
Swt Potato Waffle Fries
Bell Pepper Strips
Fresh Orange, Milk

Grilled Chicken **10**
Savory Rice
Steamed Broccoli
Roll & Jelly
Banana, Milk

Yummy Sloppy Joe **11**
Tri Tater
Baby Carrots
Treasure Salad
Milk

Chicken Tetrazzini **12**
Green Beans
Tossed Salad
Diced Peaches
Apple Crisp, Milk

Beef & Noodles **13**
Mashed Potatoes
Green Beans
Blueberry Muffin
Apple , Milk

BBQ Chicken Bites **16**
Baked Beans
Creamy Coleslaw
Wheat Roll & Jelly
Diced Pears, Milk

Cheese Pizza **17**
Broccoli florets
Fresh Baby Carrots
Pineapple Tidbits
Milk

Chili **18**
Red Pepper Strips
Apple Sauce
Cinnamon Roll
Milk, (9-12 Tortilla Chips)

Mini Meat Ball Sub **19**
Ranch Potato Wedges
Tossed Salad
Tropical Fruit
Milk

T-DAY TURKEY **20**
Potatoes & Gravy
Gr. beans, Swt. Potatoes
Celery & Cucumbers
Pumpkin Dessert, Milk

Corn Dog **23**
Green Beans
Tater Tots
Fruit Cocktail
Snicker doodle, Milk

Mac& Cheese **24**
Chicken Nuggets
Sweet Peas
Fresh Baby Carrots
Apple, Milk

25
NO SCHOOL TODAY

26
HAPPY
THANKSGIVING

27
NO SCHOOL TODAY

Chicken Wrap **30**
Seasoned Rice
Lettuce & Tomato slices
Tropical Fruit
Milk Choice(9-12 Cookie)

12/1-Spaghetti
12/2-Pig in a bun
12/3-Taco Salad
12/4-Chicken & Noodles

