



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Whole Wheat Rotini Pasta Marinara Spinach Salad with Chick Peas, Celery & Broccoli with Ranch Dip Fresh Cut Cantaloupe	2 Ham & Cheddar Cheese Whole Wheat Flat Bread Caesar Salad Whole Wheat Pasta Vegetable Salad Fresh Cut Pineapple	3 Filet of Fish Sandwich on Whole Wheat Bun French Fries Coleslaw, Cucumber & Cherry Tomato w/Ranch Dip Fresh Cut Watermelon
6 Grilled Ham & Cheese Sandwich on Whole Wheat Bread Baby Greens Toss Salad with Chick Peas Carrots & Cauliflower with Ranch Dip Fresh Cut Apples	7 <b>Turkey Taco Tuesday</b> Seasoned Ground Turkey w/Lettuce, Tomato, Cheese Salsa & Sour Cream on Whole Wheat Soft Tortilla Shell Brown Rice & Beans Peppers & Cucumber with Ranch Dressing Fresh Cut Pineapple	8 Spaghetti with Meat Sauce or Marinara Caesar Salad Whole Wheat Garlic Crostini Broccoli & Radish with Ranch Dip Fresh Cut Watermelon	9 Coconut Breaded Shrimp Whole Wheat Roll Yellow Rice Coleslaw Sautéed Vegetable Medley Fresh Cut Pineapple	10 <b>NO SCHOOL</b> <b>VETERAN'S DAY</b>
13 Grilled Cheese on Whole Wheat Bread Cream of Tomato Soup Cucumber and Broccoli with Ranch Dip Fresh Cut Apples	14 Italian Sausage Sub on Whole Wheat Bun with Onions & Peppers Potato Salad Carrot & Cucumber with Ranch Dip Grapes	15 Whole Wheat Rotini Pasta with Alfredo Sauce Whole Wheat Garlic Crostini, Spinach Salad with Chick Peas Cherry Tomato & Cauliflower with Ranch Dip Clementine	16 <b>Thanksgiving Feast</b> Tender Turkey with Gravy Mash Potato Stuffing Peas Corn Cran Jelly Peaches	17 <b>Breakfast "4" Lunch</b> Whole Wheat Plain Pancake Served with Local Maple Syrup Hash Brown Sausage Apple Sauce Triple Berry Compote Fresh Cut Cantaloupe
20 Turkey & Cheddar Cheese on Whole Wheat Flat Bread French Fries Marinated Raw Vegetable Salad Fresh Cut Oranges	21 Grilled Chicken Breast Caesar Salad Whole Wheat Garlic Cheese Bread, Tomato Corn & Black Bean Salsa Broccoli with Ranch Dip Fresh Cut Pineapple	22 <b>NO SCHOOL</b> <b>THANKSGIVING</b> <b>RECESS</b>	23 <b>NO SCHOOL</b> <b>THANKSGIVING</b> <b>RECESS</b>	24 <b>NO SCHOOL</b> <b>THANKSGIVING</b> <b>RECESS</b>
27 Hot Dog on Whole Wheat Bun Baked Beans Broccoli & Carrots with Ranch Dip Fresh Cut Watermelon	28 Open Faced Hot Turkey Sandwich on Whole Wheat Bread w/Gravy French Fries Peas Carrots Peaches	29 American Chop Suey Whole Wheat Roll Green Beans Corn Fresh Cut Pineapple	30 French Bread Pizza * Cheese * Pepperoni Caesar Salad Cucumber & Peppers with Ranch Dip Fresh Cut Cantaloupe	

**Snack Milk or Juice - \$0.50**

**Breakfast - \$1.90 (Milk or Juice Included)**

**Lunch - \$2.60 (Milk or Juice Included)**

Drink Choices: Fat Free Skim Milk,

Low Fat Milk (White, Chocolate-Friday's Only)

Juice (Orange, Cranberry, Grape, Apple)

**Alternative Lunches Available:**

\*Deli Meats & Cheese on Multi Grain Bread\*

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