



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hamburger/Cheeseburger on a Whole Wheat Bun Sweet Potato & Regular Fries Baby Greens Toss Salad with Chick Peas Fresh Cut Pineapple	2 Field Trip Grades K - 5
5 BBQ Pulled Pork Taco's w/Lettuce, Tomato, Cheese Salsa & Sour Cream Coleslaw Brown Rice & Beans Carrots & Peppers with Ranch Dip Apricots	6 NO SCHOOL TEACHER WORKSHOP DAY	7 Whole Wheat Rotini Pasta w/Meat Sauce or Marinara Whole Wheat Garlic Cheese Bread Caesar Salad Broccoli & Cucumber with Ranch Dip Fresh Cut Cantaloupe	8 Ham & Cheese Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Cherry Tomato & Cauliflower with Ranch Dip Fresh Cut Pineapple	9 Filet of Fish Vegetable Fried Rice Sautéed Vegetable Medley Fresh Cut Orange
12 NO SCHOOL VETERAN'S DAY	13 Turkey Taco Tuesday with Lettuce, Tomato, Cheese, Salsa & Sour Cream on Corn/ Whole Wheat Tortilla Shell Brown Rice Pilaf Carrots & Peppers with Ranch Dip Fresh Cut Pineapple	14 Whole Wheat Rotini Pasta Baked w/Marinara & Topped w/Mozzarella Cheese, Whole Wheat Roll Spinach Salad with Black Beans Cucumber & Celery with Ranch Dip Fresh Cut Orange	15 TURKEY FEAST Roasted Turkey Mashed Potato w/Gravy Green Beans Carrots & Squash Whole Wheat Roll Stuffing Cranberry Jelly Fresh Cut Maple Glazed Apples	16 Oven Baked Coconut Shrimp with Sweet & Sour Sauce Egg Noodles Sautéed Vegetable Medley Whole Wheat Roll Fresh Cut Pineapple
19 Italian Sausage on Whole Wheat Hoagie Bun with Peppers & Onions French Fries Broccoli & Carrots with Ranch Dip Blueberries	20 Grilled Ham & Cheese Sandwich on Whole Wheat Bread Caesar Salad Cherry Tomato & Peppers with Ranch Dip Fresh Cut Apples	21 NO SCHOOL THANKSGIVING RECESS	22 NO SCHOOL THANKSGIVING RECESS	23 NO SCHOOL THANKSGIVING RECESS
26 Grilled Cheese & Bacon Sandwich on Whole Wheat Bread Whole Wheat Rotini Vegetable Salad Cherry Tomato & Broccoli with Ranch Dip Fresh Cut Apple	27 Shepard's Pie with layers of Ground Beef, Corn & Mash Potato Whole Wheat Roll Spinach Salad with Chick Peas Fresh Cut Orange	28 Whole Wheat Penne Pasta w/Chicken, Broccoli & Alfredo Sauce Whole Wheat Garlic Cheese Bread Carrot & Cucumber with Ranch Dip Fresh Cut Pineapple	29 Breakfast "4" Lunch Whole Wheat French Toast Served with Local Maple Syrup Sausage Tater Tots Apple Sauce Fresh Cut Cantaloupe & Strawberries	30 French Bread Pizza Cheese or Pepperoni Caesar Salad Whole Wheat Penne Pasta Vegetable Salad Fresh Cut Pineapple

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

A La Carte:

Price range from \$0.50 to \$2.00

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