

November 1 - November 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Flame Broiled Chicken Burger on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	2 Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 Fresh Baby Carrots w/ Dip-1 c. Diced Pear Cup-1/2 c. Milk-8 oz.	3 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-3/4 c. Fresh Orange-1 Milk-8 oz.	4 W/G Chicken Fingers-3 Diced Carrots-1 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.	5 3x5 Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
8 All Beef Hamburger on a Whole Wheat Bun-1 Sliced Carrots-1 c. Pineapple Cup-1/2 c. Milk-8 oz.	9 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Cold Corn Cup-3/4 c. Fresh Apple-1 Milk-8 oz.	10 Grilled Chicken Wrap w/ Shredded Lettuce and Cheddar Cheese on a 10" Wheat Wrap-1 Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 Milk-8 oz.	11 W/G Popcorn Chicken-3.8 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Banana-1 Milk-8 oz.	12 Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.
15 Sliced Chicken and Cheese on a Whole Wheat Bun-1 Fresh Broccoli Florets w/ Dip-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	16 Cheese Lasagna with Meat Sauce-5 oz. Diced Carrots-1 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.	17 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Celery Sticks w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	18 W/G Chicken Fingers-3 Vegetarian Beans-3/4 c. Whole Wheat Dinner Roll Cherry Craisins-1/2 c. Milk-8 oz.	19 3x5 Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
22 Grilled Chicken Parmigiana-4 oz. Sliced Carrots-1 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	23 Turkey Ham and Swiss Cheese on W/G Potato Bread-1 Sliced Cucumber Cups-3/4 c. Fresh Apple-1 Milk-8 oz.	24 Hot Turkey w/ Gravy-3.5 oz. Mashed Potatoes-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll Milk-8 oz.	25 HAPPY THANKSGIVING SCHOOL CLOSED	26 SCHOOL CLOSED
29 W/G Chicken Fingers-3 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	30 Beef Salisbury Steak with Gravy-3 oz. Seasoned Diced Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.			