

November 1 - November 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fingers-3/4 c. Green Beans-3/4 c. Whole Grain Bread Pineapple Cup-1/2 c. Milk-8 oz.	2 Beef Salami and Cheese on Sliced Italian Bread-1 Black Bean and Corn Salad-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	3 Meatballs w/ Sauce on a Whole Grain Sub Roll-1 Sliced Carrots-1 c. Fresh Banana-1 Milk-8 oz.	4 DOMINO'S W/G Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
7 Cheese Ravioli Sliced Carrots-1 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	8 All Beef Hamburger on a Whole Wheat Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	9 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Diced Peach Cup-1/2 c. Milk-8 oz.	10 Teriyaki Beef Bites-4 Diced Carrots-1 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	11 DOMINO'S W/G Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
14 Breaded Chicken Fillet on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	15 Meatball Parmigiana Sub on a Whole Grain Sub Roll-1 Corn-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	16 Beef Salami and Cheese on Sliced Italian Bread-1 Black Bean and Corn Salad-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	17 Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	18 DOMINO'S W/G Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Diced Peach Cup-1/2 c. Milk-8 oz.
21 Chicken Fingers-3 Corn-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	22 Mac & Cheese Green Beans-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	23 SCHOOL CLOSED	24 HAPPY THANKSGIVING SCHOOL CLOSED	25 SCHOOL CLOSED
28 Beef Nachos with Shredded Cheddar Cheese Cup-5 oz. Green Beans-3/4 c. W/G Tortilla Scoops-1 oz. Applesauce Cup-1/2 c. Milk-8 oz.	29 BREAKFAST FOR LUNCH French Toast Sticks w/ Syrup-3 Turkey Sausage Links-3 oz. Celery Sticks w/ Dip-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	30 Turkey and Cheese on a W/G Potato Bun-1 Fresh Broccoli Florets with Dip-3/4 c. Fresh Orange-1 Milk-8 oz.		