

November 1 - November 30

LUNCH*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Whole Grain Bread - 1 Fresh Orange-1 Milk - 8oz
4 Macaroni & Cheese -6oz Green Beans -3/4c. Craisins - 1/2c. Milk-8 oz.	5 Beef Meatloaf w/Ketchup - 3oz French Fries -1c Wheat Dinner Roll - 1 Fresh Pear - 1 Milk - 8oz	6 BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Links-3 Fresh Baby Carrots w/ Dip-1 1/4c. Fresh Apple-1 Milk - 8oz	7 Cheese Lasagna with Meat Sauce-4 oz. Green Beans-1c. Whole Wheat Dinner Roll - 1 Fresh Banana-1 Milk -8oz	8 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz
11 Grilled Chicken Fillet with Gravy-3 oz. Mashed Potatoes-1c. Fresh Pear - 1 Wheat Dinner Roll -1 Milk - 8oz	12 W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Green Beans-1c. Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	13 Sliced Chicken and Cheese on a Whole Wheat Potato Bun-1 Fresh Baby Carrots -1c w/Dip Fresh Banana-1 Milk-6 oz.	14 Salisbury Steak with Gravy - 3oz. Green Beans-1c. Fresh Pear - 1 Whole Grain Bread - 1 Milk - 8oz	15 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz
18 Chicken Burger Whole Wheat Bun-1 French Fries -1c Fresh Pear - 1 Milk - 8oz	19 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Fresh Baby Carrots -1c w/Dip Fresh Banana -1 Milk-8oz.	20 All Beef Italian Sub - 1 (Beef Bologna, Beef Salami, & Cheese on W/G Sub Roll) Celery Sticks -3/4c w/ Dip Pineapple Cup - 1/2c Milk-6 oz.	21 Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 1c. Fresh Apple-1 Whole Wheat Dinner Roll -1 Milk - 8oz	22 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz
25 Cheese Ravioli w/ Spaghetti Sauce - 3.5oz. Green Beans - 1c Fresh Pear - 1 Wheat Dinner Roll -1 Milk - 8oz	26 All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1 1/4c. Fresh Banana-1 Milk 8oz	27 SCHOOL CLOSED	28 HAPPY THANKSGIVING! SCHOOL CLOSED	29 SCHOOL CLOSED