

November 1 - November 30

## LUNCH

## What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 W/G Chicken Fingers -3 Sweet Potato Fries - 1 1/4c Whole Grain Bread -1 Fresh Banana-1 Milk - 8oz MS QTY- 230 HS QTY- 220	4 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Celery Sticks w/ Dip- 3/4c Fresh Banana-1 Milk - 8oz MS QTY- 230 HS QTY- 220	5 Turkey & Cheese on Wheat Hamburger Bun - 1 Potato Salad Cup - 1c Milk - 8oz MS QTY- 230 HS QTY- 220	6 Macaroni & Cheese- 6oz Broccoli Florets- 1c Whole Grain Bread - 1 Fresh Banana -1 Milk - 8oz MS QTY- 230 HS QTY- 220	7 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz MS QTY- 260 HS QTY- 300
10 Cheese Lasagna with Spaghetti Sauce -4oz Green Beans-1c. Whole Wheat Dinner Roll - 1 Fresh Pear-1 Milk -8oz MS QTY- 230 HS QTY- 220	11 All Beef Hamburger on Wheat Hamburger Bun - 1 Sweet Potato Fries - 1 1/4c Fresh Apple-1 Milk - 8oz MS QTY- 230 HS QTY- 220	12 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and Cheese on W/G Sub Roll) Fresh Baby Carrots w/ Dip-1 c. Fresh Pear-1 Milk-8oz. MS QTY- 230 HS QTY- 220	13 <b>BREAKFAST FOR LUNCH</b> French Toast Sticks-3 w/Syrup Turkey Sausage Links-3 Black Bean & Corn Salad -1c Fresh Banana -1 Milk - 8oz MS QTY- 240 HS QTY- 200	14 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Pear-1 Milk - 8oz MS QTY- 260 HS QTY- 300
17 All Beef Hot Dog on Wheat Hot Dog Bun - 1 Sweet Potato Fries - 1 1/4c Fresh Pear-1 Milk - 8oz MS QTY- 230 HS QTY- 220	18 W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-1c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz MS QTY- 230 HS QTY- 220	19 Beef Salami and Cheese on a Whole Grain Bread - 1 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk- 8 oz. MS QTY- 230 HS QTY- 220	20 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Celery Sticks w/ Dip- 3/4c Fresh Banana-1 Milk - 8oz MS QTY- 250 HS QTY- 320	21 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange -1 Milk - 8oz MS QTY- 260 HS QTY- 300
24 W/G Chicken Fingers -3 Sweet Potato Fries - 1 1/4c Whole Grain Bread -1 Fresh Banana-1 Milk - 8oz MS QTY- 230 HS QTY- 220	25 W/G Cheese Ravioli w/ Beef Meat Sauce -3oz Corn - 1c Whole Grain Bread - 1 Fresh Apple-1 Milk - 8oz MS QTY- 230 HS QTY- 220	26 <b>SCHOOL CLOSED</b>	27 Happy Thanksgiving! <b>SCHOOL CLOSED</b>	28 <b>SCHOOL CLOSED</b>