



**SALAD BAR SERVED DAILY. CHOICE OF MILK: SKIM, 1 %, NF CHOCOLATE, STRAWBERRY**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



HAMBURGER, BUN, CURLY FRIES, PEAS, LETTUCE, TOMATO PICKLES  
OR  
MEATBALL SUBS, BAKED BEANS, POTATO CHIPS **5**

-----NO SCHOOL----- **6**

SEASONED TACO BEEF, TORTILLA SHELL, MEXICAN RICE BLACK BEANS & CORN, SALSA, LETTUCE, TOMATO, CHEESE, SOUR CREAM OR BAKED POTATO BAR/FIXINGS **7**

CORN DOG, BROCCOLI, BAKED BEANS  
OR  
BAKED POTATO BAR/FIXINGS **1**

PEPPERONI OR CHEESE PIZZA  
CORN, TOSSED SALAD  
OR  
CHEESE QUESADILLA, REFRIED BEANS, LETTUCE, SOUR CREAM, SALSA **2**

CHICKEN PATTY, BUN, MAC & CHEESE, BROCCOLI,  
OR  
TURKEY/CHEESE WRAPS, LETTUCE, TOMATO, CARROTS **12**

CHILI, TATER TOTS, CORN CHIPS  
OR  
BAKED POTATO BAR/FIXINGS **13**

POPCORN CHICKEN, RICE, CARROTS, ROLL  
OR  
BEANIE WEENIES, ROLL, TOSSED SALAD **14**

BREAKFAST FOR LUNCH SAUSAGE PATTY, BISCUIT, GRAVY, EGGS, TRI TATERS  
OR  
GRILLED CHICKEN, BUN, GARLIC & HERB PASTA, LETTUCE, TOMATO **8**

CHEESY BITES, GREEN BEANS MARINARA SAUCE, TOSSED SALAD  
OR  
HAMBURGERS, BUN, GREEN BEANS, FRIES **9**

BBQ PORK, BUN, BAKED BEANS, FRENCH FRIES  
OR  
TURKEY/CHEESE, BUN, LETTUCE, TOMATO, CARROTS, TEDDY GRAHAMS **19**

TANGERINE CHICKEN, RICE, EGG ROLL  
OR  
BAKED POTATO BAR/FIXINGS **20**

-----NO SCHOOL----- **21**

**THANKSGIVING DINNER**  
TURKEY, GRAVY, MASHED POTATO, DRESSING, CRANBERRY SAUCE, GREEN BEANS, PUMPKIN PIE OR GRAB N GO LUNCH **15**

PEPPERONI OR CHEESE PIZZA, CORN, TOSSED SALAD  
OR  
FISH, CORN MUFFIN, PINTO BEANS, TARTAR SAUCE **16**

POPCORN CHICKEN, RICE, CARROTS, ROLL  
OR  
HAM/CHEESE, WRAP, LETTUCE, TOMATO, CHEESE, CHIPS **26**

STEAK & GRAVY, MASHED POTATOES, PEAS, ROLL  
OR  
PBJ UNCRUSTABLE, STRING CHEESE RAISELS, CARROTS **27**

CHICKEN PATTY REG & SPICY BUN, SWEET POTATO WEDGE GREEN BEANS, LETTUCE, TOMATO, OR TURKEY/CHEESE, BUN, LETTUCE, TOMATO, CARROTS **28**

-----**THANKSGIVING DAY**----- **22**

-----NO SCHOOL----- **23**

CORN DOG, BROCCOLI, BAKED BEANS  
OR  
BAKED POTATO BAR/FIXINGS **29**

PEPPERONI OR CHEESE PIZZA  
CORN, TOSSED SALAD  
OR  
CHEESE QUESADILLA, REFRIED BEANS, LETTUCE, SOUR CREAM, SALSA **30**