

Monday
Tuesday
Wednesday
Thursday
Friday


5
Corndog Nuggets
Cape Cod Chips
Baked Beans
Fruit

6
Early Release
Assorted Cold Sandwiches
On WW Bread
Baby Carrots
Fruit

7
Assorted Cold Sandwiches
On WW Bread
Broccoli Dippers
Fruit

1
Homemade Cheese, Meat, or
Veggie Pizza
Crisp Romaine Salad
Fruit or 100% Juice

2
Assorted Cold Sandwiches
On WW Bread
Cucumber Slices
Fruit

12
**No School
Veteran's Day
Observance**

13
Hamburger or Cheeseburger
On WW Bun
Baked Beans
Apple Slices

14
Assorted Cold Sandwiches
On WW Bread
Broccoli Dippers
Fruit Cocktail

15
Homemade Cheese, Meat, or
Veggie Pizza
Crisp Romaine Salad
Fruit or 100% Juice

16
Assorted Cold Sandwiches
On WW Bread
Cucumber Slices
Fruit

19
Assorted Cold Sandwiches
On WW Bread
Baby Carrots
Fruit

20
Chicken Tenders
Mashed Potatoes
Seasoned Broccoli
Fruit

21
Early Release
Assorted Cold Sandwiches
On WW Bread
3-Bean Salad
Fruit

22
**No School
Thanksgiving Recess**

23
**No School
Thanksgiving Recess**

26
Assorted Cold Sandwiches
On WW Bread
Baby Carrots
Fruit

27
Hot Dogs on
WW Buns
Cape Cod Chips
Baked Beans
Fruit or 100% Juice

28
Assorted Cold Sandwiches
On WW Bread
Broccoli Dippers
Fruit

29
Homemade Cheese, Meat, or
Veggie Pizza
Crisp Romaine Salad
Fruit or 100% Juice

30
Assorted Cold Sandwiches
On WW Bread
Cucumber Slices
Fruit

- All daily and alternative meals include a minimum of 2 oz protein, 2 oz whole grains, fruit, vegetable, and 8 fl oz fat-free flavored milk or 1% unflavored milk
- Assorted Cold Sandwiches options are Turkey, Ham, PB&J, PB&Fluff, Cheese. Alternate meal is Bone Builder Plate with cereal or breakfast pastry, yogurt, cheese stick, and fruit or 100% Juice, and daily vegetable option.
- *New alternate meal on COLD lunch days: Munchables! WG crackers, lean deli meat, low fat cheese, fruit, and vegetable packaged in an easy to grab container!*
- Menu subject to change as needed
- WG=Whole Grain, WW=Whole Wheat