

Monday

Tuesday

Wednesday

Thursday

Friday



				1 Assorted Cold Sandwiches On WW Bread Cucumber Slices Fruit & 100% Juice	2 Homemade Cheese, Meat, or Veggie Pizza Crisp Romaine Salad Grapes or 100% Juice
5 Assorted Cold Sandwiches On WW Bread Broccoli Dippers Fruit	6 <i>Early Release</i> Assorted Cold Sandwiches On WW Bread Baby Carrots Fruit	7 Corndog Nuggets Cape Cod Chips Baked Beans Fruit	8 Assorted Cold Sandwiches On WW Bread Cucumber Slices Fruit & 100% Juice	9 Zoo Crew Chicken Nuggets Seasoned Brown Rice Green Peas Fruit	
12 No School Veteran's Day Observance	13 Assorted Cold Sandwiches On WW Bread Baby Carrots Fruit	14 Hamburger or Cheeseburger On WW Bun Baked Beans Fruit	15 Assorted Cold Sandwiches On WW Bread Cucumber Slices Fruit & 100% Juice	16 Homemade Cheese, Meat, or Veggie Pizza Crisp Romaine Salad Fruit or 100% Juice	
19 Chicken Tenders Mashed Potatoes Seasoned Broccoli Fruit	20 Assorted Cold Sandwiches On WW Bread 3-Bean Salad Fruit	21 <i>Early Release</i> Assorted Cold Sandwiches On WW Bread Baby Carrots Fruit	22 No School Thanksgiving Recess	23 No School Thanksgiving Recess	
26 Assorted Cold Sandwiches On WW Bread Baby Carrots Fruit	27 Assorted Cold Sandwiches On WW Bread Cold Corn Cups Fruit	28 Hot Dogs on WW Buns Cape Cod Chips Baked Beans Fruit	29 Assorted Cold Sandwiches On WW Bread Cucumber Slices Fruit	30 Homemade Cheese, Meat, or Veggie Pizza Crisp Romaine Salad Fruit or 100% Juice	

- 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