



Nutrition Fun Fact – Did you know milk is a good source of protein and calcium? Protein helps us build our muscles and calcium helps maintain strong bones!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday

Fiesta Pizza, Carrots, Diced Pears, Milk **1**

Mini Chicken Corn Dog, Vegetarian Beans, Pineapple Tidbits, Milk **2**

French Toast Sticks, Potato Starz, Orange Juice, Milk **3**

Pepperoni Pizza Rippers, Green Beans, Sliced Peaches, Milk **4**

Breaded Chicken Patty, Broccoli Cuts, Mandarin Oranges, Milk **7**

PD Day No School! **8**

Hamburger, Vegetarian Beans, Pineapple Tidbits, Milk **9**

Chicken Nuggets, Cut Corn, Fruit Cocktail, Milk **10**

Veterans Day
Soft Shell Tacos, Carrots, Diced Pears, Milk **11**

Chicken Nuggets, Broccoli Cuts, Mandarin Oranges, Milk **14**

Pizza, Carrots, Diced Pears, Milk **15**

Cheeseburger, Vegetarian Beans, Pineapple Tidbits, Milk **16**

Maple Pancake Wrap, Potato Starz, Orange Juice, Milk **17**

Stuffed Crust Pizza, Green Beans, Sliced Peaches, Milk **18**

Grilled Chicken Sandwich, Broccoli Cuts, Mandarin Oranges, Milk **21**

Pepperoni Pizza Ripper, Green Beans, Peaches, Milk **22**

Thanksgiving Break! **23**

Thanksgiving Break!
 **24**

Thanksgiving Break! **25**

Potato Crunch Fish Patty, Broccoli Cuts, Mandarin Oranges, Milk **28**

Garden Salad w Sliced Chicken, Diced Pears, Baby Carrots, Milk **29**

Hamburger, Vegetarian Beans, Pineapple Tidbits, Milk **30**

