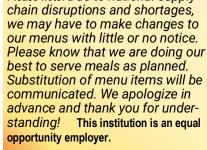
	A State State			Shartana /		
November						Daily Entrées Cheeseburgers
Sycamore	Monday	Tuesday	Wednesday	Thursday	Friday	Chicken Sandwiches Pizza Selection
-			1	2	3	Cheesy Nachos
Middle School			Italian Sausage Pasta Bake	Fajita Chicken Quesadilla	Baked Potato w/ Chili Soft Pretzel	PB&J Sandwich
Menu			Garlic Bread Mixed Vegetables	Seasoned Black Beans	Seamed Broccoli Sliced Cucumbers	
IVIEITO			Leafy Green Salad	Baby Carrots	Fruit of the Day	
			Fruit of the Day	Fruit of the Day		V= Vegetarian
	6	7	8	9	10	(*) Contains or may contain Pork
Lunch \$2.70	Beef Soft Taco Fiesta Beans	Yang's Orange Chicken	Homemade Mac & Cheese-V	Chicken Nachos w/ Cilantro Lime	Grilled BBQ Chicken Sandwich	
Milk \$0.55	Sliced Bell Peppers Fruit of the Day	Brown Rice Stir Fry Veggies	Soft Pretzel Rod Steamed Broccoli	Rice Sweet Corn	Smiley Fries Leafy Green Salad	
Milk 30.33		Baby Carrots Fruit of the Day	Grape Tomatoes Fruit of the Day	Black Beans Fruit of the Day	Fruit of the Day	Arbor A+ Nutrition Mission To serve students daily:
	13	14	15	16	17	A wide variety of fresh, nutrient rich foods
A ANTON DE	Chicago Style	"Say Cheese"	Chicken Drumstick	Thanksgiving Feast	*Honey BBQ Pork Rib	Fresh fruits and vegetables, locally sourced as seasonally available
	All Beef Hot Dog Baked Beans	Toasted Sandwich-V Tomato Soup	Dinner Roll Garlic Parmesan	Turkey and Gravy over Mashed	Sandwich Baked Fries	<ul> <li>Cage free poultry with no added hormones or steroids</li> </ul>
	Sliced Cucumbers Fruit of the Day	Leafy Green Salad Fruit of the Day	Roasted Potatoes Celery Sticks	Potatoes Sweet Corn	Baby Carrots Sliced Cucumbers	✓ Fresh whole and multigrain bread, buns and
FEATURES	from of the Duy	The bay	Fruit of the Day	Cookie	Fruit of the Day	baked goods ✓ No-fat or 1% milk free from any growth hor-
	20	21	22	Fruit of the Day	24	mones from local, sustainable farms ✓ Plant based entrée options
				Happy Thanksgiving!		~Arbor Management~
	No School	No School	No School		No School	Make Choices for a Healthy Lifestyle!
				A K		For more information or to "Ask the Dietitian",
<u></u>	27 Pancakes	28 Homemade Cheese	29 Creamy Chicken	30 Yang's Mandarin		arborngt.com
Fruit and Vegetable Choice of Milk	w/ Sausage	Quesadilla-V	Alfredo Bake	Orange Chicken		1 108/2011
	Crispy Tater Tots Baby Carrots	Fiesta Beans Broccoli Florets	Garlic Bread Seasoned Green	Brown Rice Roasted Cauliflower		Please note: Due to national supply
	Fruit of the Day	Fruit of the Day	Beans Sliced Cucumbers	Gingered Purple Cabbage		chain disruptions and shortages,
			Fruit of the Day	Fruit of Day		we may have to make changes to our menus with little or no notice.
						Please know that we are doing our best to serve meals as planned.
	A REAL PROPERTY AND A REAL					

Assorted Sandwiches, Salads and Wraps Served Daily





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