




November secondary

Milk and a Grab N' Go will be offered with every meal.

Sweet, Sweet Potatoes!

One of America's favorite dishes for Thanksgiving is sweet Potatoes. There are so many yummy ways to make them from mashed to fries to marshmallows on top! Sweet Potatoes are a great source of beta-carotene, which turns into vitamin A when eaten. Your eyes love vitamin A because it helps them to see at night and recognize colors. Consider saving some room on your plate for these yummy potatoes over Thanksgiving!



Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Spaghetti with Breadstick or Choice of Pizza Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	5 Tacos or Crisпитos or Burger Pinto Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Orange Smiles	6 Sub Sandwich or Cheese Sticks or Pizza Choice of Chips Baked Beans Fresh Salad w/ Toppings Berries & Cream	7 Steak Fingers or Chicken Nuggets with Hot Roll or Burger Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apple Sauce	8 Chili Dog or Cheese Burger Basket with Fries or Pizza Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
11 Grab N' Go Sack Lunch 	12 Quesadillas or Crispito or Burger Pinto Beans Street Corn Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	13 Asian Bowl with Fried Rice or Popcorn Chicken or Pizza Broccoli Normandy Fresh Salad w/ Toppings Fruit Salad	14 Smothered Steak or Chicken Strips with Hot Roll or Burger Mashed Potatoes Sauteed Vegetables Fresh Salad w/ Toppings Mixed Fruit Cup	15 BBQ Sub or Chicken Sandwich Basket with Fries or Pizza Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
18 Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Corn Fresh Salad w/ Toppings Fruit Cup	19 Nachos or Burger Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apple	20 Stuffed Baked Potato with Hot Roll or Ham & Cheese Croissants or Pizza Macaroni & Cheese Steamed Broccoli Fresh Salad w/ Toppings Fruit Medley	21 Thanksgiving Feast 	22 Grab N' Go Sack Lunch 

HAPPY THANKSGIVING!

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 11/4 & 11/18	Breakfast on Bun	Pancakes	Breakfast Taco	Biscuits & Gravy	Donut Holes
Week of 11/11	Pancake Wrap	Breakfast Pizza	Breakfast Bowl	Ham & Cheese Croissant	Yogurt Parfait & Muffin