


November 1 - November 30

## What's Cooking Today?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>DIWALI</b> <b>SCHOOL CLOSED</b>
4	5	6	7	8
W/G Mini Cheese Quesadillas - 3 Black Beans - 3/4c Craisins - 1/2c Milk - 8oz	Beef Meatloaf w/Ketchup - 3oz French Fries -3/4c Wheat Dinner Roll - 1 Applesauce Cup - 1/2 c. Milk - 8oz	Cheese Lasagna with Meat Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Banana-1 Milk -8oz	<b>FALL RECESS</b> <b>SCHOOL CLOSED</b>	<b>FALL RECESS</b> <b>SCHOOL CLOSED</b>
11	12	13	14	15
Grilled Chicken Fillet w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Craisins - 1/2c Wheat Dinner Roll -1 Milk - 8oz	W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Green Beans-3/4 c. Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1c. Fresh Banana-1 Milk 8oz	Salisbury Steak with Gravy - 3oz. Black Beans - 3/4c Applesauce Cup-1/2 c. Whole Grain Bread -1 Milk - 8oz	Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
18	19	20	21	22
Chicken Burger Whole Wheat Bun-1 Vegetarian Beans - 3/4c Craisins - 1/2c Milk - 8oz	BBQ Beef Riblet on Wheat Hamburger Bun - 1 French Fries - 3/4c. Fresh Apple-1 Milk - 8oz	Sunrise Egg & Cheese Calzone - 5oz Grape Tomatoes - 1c Diced Pear Cup-1/2 c. Milk - 8oz	Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 3/4c. Fresh Apple-1 Whole Wheat Dinner Roll -1 Milk - 8oz	Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
25	26	27	28	29
Cheese Ravioli w/ Spaghetti Sauce - 3.5oz. Green Beans - 3/4c Craisins - 1/2c Wheat Dinner Roll -1 Milk - 8oz	Hot Turkey w/ Gravy -3oz Mashed Potatoes - 3/4c Fresh Orange - 1 Whole Grain Bread - 1 Milk - 8oz	W/G Chicken Nuggets - 3.5oz Diced Carrots -1c Fresh Apple - 1 Wheat Dinner Roll - 1 Milk- 8oz		<b>SCHOOL CLOSED</b>