



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate, fat-free strawberry Daily Alternates Fresh Entree Salads Craveables Weekly Cold Cut Sandwiches & Wraps A Variety of Pizzas Uncrustables (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>
3 Asian Chicken over Rice FEATURED VEGGIES Steamed Broccoli	4 Nachos Grande w/ Beef or Chicken FEATURED VEGGIES Refried Beans Golden Corn	5 Cheese or Pepperoni Pizza FEATURED VEGGIES Mixed Veggie Patch	6 SCHOOL CLOSED	7 SCHOOL CLOSED	
10 Cowboy Burger topped BBQ Sauce & a Onion ring FEATURED VEGGIES Sweet Peas	11 Pasta Bar w/ Variety of Sauces FEATURED VEGGIES Mixed Veggies	12 French Toast Stick w/ Breakfast Sausage FEATURED VEGGIES Hash Brown Potato	13 Cheese or Pepperoni Pizza FEATURED VEGGIES Side Salad	14 Beef & Cheese Quesadilla FEATURED VEGGIES Diced Stewed Tomatoes	
17 Chicken Tenders w/ Buttered Noodles FEATURED VEGGIES Sweet Carrots	18 Buffalo Chicken Flatbread FEATURED VEGGIES Green Beans	19 Hot Roasted Turkey Meal w/ Gravy Enjoy Thanksgiving at School FEATURED VEGGIES Mashed Potatoes	20 Cheese or Pepperoni Pizza FEATURED VEGGIES Caesar Salad	21 Bacon Double Cheese Burger FEATURED VEGGIES Chickpea Salad	
24 Roasted Pork Sandwich w/ Melted Cheese FEATURED VEGGIES Sweet Peas	25 Chicken & Cheese Burrito FEATURED VEGGIES Sweet Corn Salsa	26 Cheese or Pepperoni Pizza FEATURED VEGGIES Mixed Veggie Patch	27 HAPPY THANKSGIVING	28 SCHOOL CLOSED	
30 Pizza Crunchers filled w/ Cheese & Marinara Sauce FEATURED VEGGIES Green Beans					

Your Team

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Meal Prices

Student Lunch	\$3.80
Reduced Lunch	\$0.00

