

November 1 - November 30

# What's Cooking Today?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Burger on Wheat Hamburger Bun-1 Vegetarian Beans - 3/4c Strawberry Craisins - 1/2c Milk - 8oz	<b>4</b> Turkey & Cheese on Wheat Hamburger Bun - 1 Potato Salad Cup - 3/4c Fresh Apple-1 Milk - 8oz	<b>5</b> All Beef Hot Dog on Wheat Hot Dog Bun - 1 Sweet Potato Fries- 1c Fresh Pear-1 Milk - 8oz	<b>6</b> <b>FALL RECESS</b>  <b>SCHOOL CLOSED</b>	<b>7</b> <b>FALL RECESS</b>  <b>SCHOOL CLOSED</b>
<b>10</b> W/G Mini Cheese Quesadillas - 3 Plantains - 3/4c Cherry Craisins - 1/2c Milk - 8oz	<b>11</b> All Beef Hamburger on Wheat Hamburger Bun - 1 Sweet Potato Fries- 1c Fresh Apple-1 Milk - 8oz	<b>12</b> Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Pear-1 Milk -8oz	<b>13</b> <b>BREAKFAST FOR LUNCH</b> French Toast Sticks-3 w/Syrup Turkey Sausage Links-3 Black Bean & Corn Salad - 3/4c Fresh Banana-1 Milk - 8oz	<b>14</b> W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
<b>17</b> Sliced Turkey w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Orange Craisins - 1/2c Wheat Dinner Roll -1 Milk - 8oz	<b>18</b> W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-3/4c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	<b>19</b> W/G Cheese Manicotti -2 w/ Spaghetti Sauce Diced Carrots -1c Wheat Dinner Roll-1 Fresh Pear-1 Milk-8oz	<b>20</b> Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Sliced Cucumbers w/ Dip-3/4c Fresh Banana-1 Milk - 8oz	<b>21</b> Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
<b>24</b> W/G Chicken Fingers -3 Vegetarian Beans - 3/4c Whole Grain Bread -1 Strawberry Craisins - 1/2c Milk - 8oz	<b>25</b> W/G Cheese Ravioli w/ Beef Meat Sauce -3oz Corn - 3/4c Whole Grain Bread - 1 Fresh Apple-1 Milk - 8oz	<b>26</b> Tri Color Tortellini w/ Alfredo Sauce - 3oz Diced Carrots -1c Fresh Pear-1 Whole Grain Bread - 1 Milk-8oz	<b>27</b> 	<b>28</b> <b>THANKSGIVING RECESS</b>  <b>SCHOOL CLOSED</b>