



*Indicates items that contain Pork

- Fresh from New York Dairy Farms! Choose Your Favorite Milk:
- 2% White
- Fat-Free Chocolate
- Lactose-Free White
- Lactose-Free Chocolate

Every carton proudly supports New York dairy farmers!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BKFST: Whole grain waffles <hr/> Entree: Fish patty on a whole grain bun Side: Baked beans Veg: Glazed carrots Fruit: Mandarin oranges	3 No School! Superintendent's Day	4 BKFST: Ham & Cheese Bagel melt <hr/> Entree: Beef Hamburger on a whole grain bun Side: Potato Smile fries Veg: Pickle Spears Fruit: Strawberries	5 BKFST: Cheese Omelets <hr/> Entree: Chicken Alfredo Side: Whole grain pasta Veg: Steamed Broccoli Veg: Cucumber Slices Fruit: Applesauce Cup	6 BKFST: Whole grain BOSCO Stick <hr/> Entree: Cheese/Pepperoni* Pizza on whole grain crust Side: Garden Side salad Veg: :Garlic green beans Fruit: Diced pineapple
9 BKFST: Ham, cheese & egg taco <hr/> Entree: Grilled Cheese Sandwich on whole grain bread Side: Broccoli cheddar soup Veg: Potato Smile fries Fruit: Diced pears	10 BKFST: Whole grain French toast <hr/> Entree: Turkey Nachos Side: Whole grain chips Veg: Refried beans Veg: Corn Fruit: Blueberries	11 No School! Veteran's Day	12 BKFST: Pancake Wrapped chicken Sausage <hr/> Entree: Pizza Crunchers Side: Garden Side salad Veg: Cauliflower Fruit: Mandarin Oranges	13 BKFST: Sausage & Cheese English muffins <hr/> Entree: Cheese/Pepperoni* Pizza on whole grain crust Side: Spinach side salad Veg: Red pepper strips Fruit: Diced peaches
16 BKFST: Whole grain Pancakes <hr/> Half Day Grab and go Lunch Available	17 BKFST: Cheese Omelet <hr/> Entree: Roasted Turkey Side: Stuffing Veg: Mashed potatoes Veg: Peas Fruit: Cranberry sauce	18 BKFST: Whole grain donut wholes <hr/> Entree: Chicken Fajitas Side: Flour Tortillas Side: Pepper strips Veg: Black beans Fruit: Applesauce cup	19 BKFST: Whole grain French toast <hr/> Limited Time Offer Entree: Pepperoni Calzone Side: Potato smile fries Veg: Green beans Fruit: Diced pineapple	20 BKFST: Whole grain waffles <hr/> Entree: Cheese/Pepperoni* Pizza on whole grain crust Side: Caesar side salad Veg: Steamed carrots Fruit: Diced pears
23 BKFST: Whole Grain Pancakes <hr/> Entree: Chicken patty sandwich on whole grain bun Side: Potato smile fries Veg: Sliced cucumbers Fruit: Diced peaches	24 BKFST: Whole grain BOSCO stick <hr/> Half day! Grab and go lunch available.	25 NO School! Happy Thanksgiving	26 NO School! Happy Thanksgiving	27 NO School! Happy Thanksgiving
30 BKFST: Whole grain pancake wrapped chicken sausage <hr/> Entree: Beef Goulash Side: Sliced cucumbers Veg: Broccoli w/ ranch Fruit: Mandarin oranges	<div> <div> Offered Daily at breakfast Whole grain pastries and muffins Variety Cereals and pop tarts Fresh Fruit 100% Juice </div> <div> Offered Daily at Lunch Whole grain Bagel Pak 4oz yogurt, 1oz cheese stick and cream cheese. Garden vegetable salad with grilled chicken Cheese Nacho Bento Whole grain tortilla chips, cheddar cheese sauce, and salsa </div> <div> Offered Daily at Lunch PB&J pack with goldfish crackers and cheese stick </div> </div> <div> For questions about the menu, dietary, or Allergy concerns. Please contact: Kerri Sanders ksanders@gfsd.org </div>			