November 2 - November 30

What's Cooking Today?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 W/G Mini Cheese Quesadillas -3 Plantains -1/2c Watermelon Craisins -1/2c Milk - 8oz	**3** W/G Macaroni & Cheese -6oz Mixed Vegetables - 3/4c Diced Peach Cup - 1/2c Wheat Dinner Roll - 1 Milk - 8oz	**4** Beef Tacos w/ Shredded Cheddar Cheese on W/G Flour Tortillas -2 Vegetarian Beans -3/4c Fresh Pear-1 Milk -8oz	**5** **SCHOOL CLOSED**	**6** **SCHOOL CLOSED**
9 BBQ Grilled Chicken Fillet on Wheat Bun-1 Seasoned Diced Potatoes3/4c Fruit Punch Craisins-1/2c Milk - 8oz	**10** All Beef Hamburger on Wheat Hamburger Bun - 1 Sweet Potato Fries- 1c Fresh Apple-1 Milk - 8oz	**11** Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Pear-1 Milk -8oz	**12** **BREAKFAST FOR LUNCH** French Toast Sticks-3 w/Syrup Turkey Sausage Patty-2oz Black Bean & Corn Salad - 3/4c Fresh Banana-1 Milk - 8oz	**13** Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
16 Sliced Turkey w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Rasp-Lemon Craisins - 1/2c Wheat Dinner Roll -1 Milk - 8oz	**17** W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-3/4c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	**18** Beef Meatballs Parmigiana on Wheat Sub - 1 Diced Carrots -1c Fresh Pear-1 Milk -8oz	**19** Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Sliced Cucumbers w/Dip - 3/4c Fresh Banana-1 Milk - 8oz	**20** W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
23 W/G Chicken Fingers -3 Vegetarian Beans - 3/4c Whole Grain Bread -1 Watermelon Craisins - 1/2c Milk - 8oz	**24** W/G Cheese Ravioli w/ Spaghetti Sauce -3oz Corn - 3/4c Whole Grain Bread - 1 Fresh Apple-1 Milk - 8oz	**25** All Beef Italian Wheat Sub-1 (Beef Bologna, Beef Salami, & American Cheese Sub) Sliced Cucumbers w/ Dip -3/4c Fresh Pear-1 Milk-8oz		**27** **SCHOOL CLOSED**
30 W/G Breaded Chicken Patty on Wheat Bun -1 Vegetarian Beans - 3/4c Cherry Craisins - 1/2c Milk - 8oz				

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