



School Information:

November 6th - NO SCHOOL
 November 22nd-24th-NO SCHOOL



Nutrition Tip:

Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Hotdog on Bun
 Cauliflower
 Applesauce
 Milk **1**

Spaghetti
 Corn
 Texas Toast
 Peaches
 Milk **2**

Chicken Fillet on Bun
 California Blend
 Tropical Fruit
 Milk **3**

NO SCHOOL **6**

Tenderloin on Bun
 Broccoli
 Pears
 Milk **7**

Mcrib/Bun
 Mixed Veggies
 Apple Slices
 Milk **8**

Chili
 Crackers & Cheese
 Celery
 Peaches **9**

Potato Bar
 Chili/Cheese
 Broccoli
 Pears
 4oz yogurt
 Milk **10**

Pizza
 Carrots
 Tropical Fruit
 Milk **13**

Corn Dog
 Lima Beans
 Mandarin Oranges
 Milk **14**

Chicken Nuggets
 Broccoli
 Pineapple
 Cheese Stick
 Milk **15**

Country Fried Steak
 Mashed Potatoes & Gravy
 Hot Roll
 Peaches
 Milk **16**

Cheeseburger on Bun
 Cauliflower
 Mixed Fruit
 Milk **17**

Popcorn Chicken
 Corn
 Peaches
 Milk **20**

Turkey & Noodles
 Mashed Potatoes
 Hot Roll
 Tropical Fruit
 Pumpkin Pie
 Milk **21**

NO SCHOOL **22**

NO SCHOOL **23**
 Happy Thanksgiving

NO SCHOOL **24**
 Happy Shopping Day!

Taquaito
 Broccoli
 Pears
 Milk **27**

Calzone
 Corn
 Mandarin Oranges
 Milk **28**

Cheeseburger on Bun
 Cauliflower
 Tropical Fruit
 Milk **29**

Chicken Nuggets
 Carrots
 Apple Slices
 Milk **30**

This institution is an equal opportunity provider