



School Information: A LA CARTE ITEMS ARE OFFERED ON A DAILY BASIS.



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



CHEESEBURGER ON BUN **1**
PEROGIES
GREEN BEANS
FRUIT
1 % MILK
LF CHOC MILK

PORK W / GRAVY **2**
MASHED POTATOES
CAULIFLOWER
FRUIT
1 % MILK
LF CHOC MILK

NO SCHOOL **3**
PROFESSIONAL IN SERVICE

TUNA MELT **6**
TATER TOTS
CORN
FRUIT
1 % MILK
LF CHOC MILK

CHICKEN TENDERS **7**
MAC & CHEESE
BROCCOLI
FRUIT
1 % MILK
LF CHOC MILK

TURKEY ROLL W /GRAVY **8**
MASHED POTATOES
CARROTS
FRUIT
1 % MILK
LF CHOC MILK

HAMBURG STROGANOFF **9**
OVER NOODLES
GREEN BEANS
FRUIT
1 % MLK
LF CHOC MLK

NO SCHOOL **10**
VETERNS DAY

HOT HAM & CHEESE ON **13**
CREAM OF POTATO SOUP
PICKLE
FRUIT
1% MILK
LF CHOC MILK

SWEET & SOUR CHICKEN **14**
OVER RICE
BROCCOLI
FRUIT
1 % MILK
LF CHOC MILK

LAZY LASAGNA **15**
CORN
FRUIT
1 % MILK
LF CHOC MILK

SWEDISH MEATBALLS **16**
OVER NOODLES
CARROTS
FRUIT
1 % MILK
LF CHOC MILK

PIZZA **17**
VEGGIE STICKS
RANCH DRESSING
FRUIT
1 % MILK
LF CHOC MILK

EARLY DISMISSAL **20**

PARENT TEACHER CONFERENCE **21**

NO SCHOOL **22**

THANKSGIVING **23**

RECESS **24**

HOT DOGS **27**
FRENCH FRIES
CARROTS
FRUIT
1% MILK
LF CHOC MILK

CHICKEN PATTY ON BUN **28**
TATER TOTS
PEAS
FRUIT
LF CHOC MILK
1 % MILK

GOULASH **29**
GARLIC BREAD
CORN
FRUIT
1 % MILK
LF CHOC MILK

CHICKEN FAJITAS **30**
LETTUCE & CHEESE
FRUIT
PEPPERS & ONIONS OPT.
1 % MILK
LF CHOC MILK

