



WE OFFER A LA CARTE SALADS AND SANDWICHES DAILY AS WELL A VARIETY OF DRINKS.



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



TUNA MELT ON BUN **5**
 TATER TOTS
 CORN
 FRUIT
 1 % MILK
 LF CHOC MILK

CHICKEN TENDERS **6**
 MAC % CHEESE
 GREEN BEANS
 FRUIT
 1% MILK
 LF CHOC MILK

TURKEY ROLL W / GRAVY **7**
 MASHED POTATOES
 LF CHOC
 CARROTS
 FRUIT
 1% MILK
 LF CHOC MILK

SPAGHETTI W/ MEAT **1**
 SAUCE
 GARLIC BREAD
 CORN
 FRUIT
 1% MILK
 LF CHOC MILK

PIZZA **2**
 ROMAINE SALAD
 FRUIT
 1% MILK
 LF CHOC MILK

NO SCHOOL **12**
 VETERNANS DAY

SWEET & SOUR CHICKEN **13**
 OVER RICE
 BROCCOLI
 FRUIT
 1 % MILK
 LF CHOC MILK

LAZY LASAGNA **14**
 CARROTS
 1 % MILK
 LF CHOC MILK

SWEDISH MEATBALLS **15**
 OVER NOODLES
 CARROTS
 FRUIT
 1% MILK
 LF CHOC MILK

PIZZA **16**
 VEGGIE STICKS
 RANCH DRESSING
 FRUIT
 1 % MILK
 LF CHOC MILK

EARLY DIDMISSAL **19**

EARLY DISMISSAL **20**

NO SCHOOL **21**

THANKSGIVING **22**

BREAK **23**

HOT DOG ON BUN **26**
 FRENCH FRIES
 CARROTS
 FRUIT
 % MILK
 LF CHOC MILK

CHICKEN PATTY ON BUN **27**
 TATER TOTS
 PEAS
 FRUIT
 %MILK
 LF CHOC MILK

GOULASH **28**
 GARLIC BREAD
 GREEN BEANS
 FRUIT5 MILK
 LF CHOC MILK

CHICKEN FAJITAS **29**
 W/ LETTACE & CHEESE
 PEPPERS & ONIONS
 FRUIT
 % MILK
 LF CHOC MILK

PIZZA **30**
 ROMAINE SALAD FRUIT
 % MILK
 LF CHOC MILK