



**Choice of 1% or skim milk
Offered daily
Menu subject to change!!**



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 WG bun 1
Lettuce, tomato oven fries
1oz ketchup, mayo or mustard
Orange smiles
Milk

Bean and cheese burritos 2
Red chili
Tossed salad 1oz ranch
Diced pears
Milk

Chicken fajitas W/ veggies 3
WG tortilla, pinto beans
Cheese, salsa
Applesauce
Milk

Chicken nuggets 6
Oven fries 1oz ketchup
Orange smiles
Milk

Spaghetti W/ meat sauce 7
Green beans
WG breadstick
Diced pears
Milk

Frito pie, cheese 8
Lettuce tomato
Fresh WG roll
Applesauce
Milk

Pizza 9
Tossed salad 1oz ranch
Pineapple tidbits
Milk

**NO SCHOOL
VETERANS
DAY!! 10**

Green chili chicken enchilada 13
Pinto beans, lettuce tomato
WG tortilla
Applesauce
Milk

Grilled cheese 14
Carrots & celery
1oz ranch
Orange smiles
Milk

Frito pie, cheese 15
Lettuce tomato
WG tortilla
Applesauce
Milk

Turkey, whipped potatoes 16
Gravy, stuffing
Fresh WG roll
Cranberry sauce
Pumpkin pie, milk

**No School
PARENT TEACHER
CONFERENCES 17**

**NO
SCHOOL
THANKSGIVING
BREAK!! 20**

**NO
SCHOOL
THANKSGIVING
BREAK!! 21**

**NO
SCHOOL
THANKSGIVING
BREAK!! 22**

**NO
SCHOOL
THANKSGIVING
BREAK!! 23**

**NO
SCHOOL
THANKSGIVING
BREAK!! 24**

Charbroiled beef patty 27
Whipped potatoes gravy
Green beans
WG roll
Diced peaches
Milk

Chicken patty on WG bun 28
Oven fries 1oz ketchup
1oz mayo lettuce tomato
Fruit cocktail

Red chili enchilada 29
Pinto beans, lettuce tomato
WG tortilla
Applesauce
Milk

Chicken soft tacos 30
Cheese lettuce tomato
Corn 1oz salsa
Diced pears
Milk

