



# NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Teriyaki Chicken with Local Stir Fry Vegetables on Rice Noodles	2) Homemade Pizza, Caesar Salad, Fresh Fruit	3) Pork Carnitas or Cheese Tortillas with Grilled Vegetables and Refried beans	4) Rib Hoagies Roasted Squash Medley
7) Fish Sticks, Coleslaw and Sweet Potato Fries	8) Turkey Pot Pie or Veggie Pot Pie, Green Beans, Pumpkin Pie	9) Stromboli, Hummus & Carrot Sticks, Salad	10) Sloppy Joe Tater Tots	11) HOLIDAY!
14) Chicken Nuggets Green Beans, Yogurt Parfait	15) Homemade Soup & Cheese Toast Fresh Fruit	16) Pizza, Broccoli Salad, Nutty Pumpkin Muffin	17) Mexican Lasagna Cilantro Spinach Salad	18) Hamburgers with Lettuce & Tomatoes, Potato Wedges
21) Whole Wheat Turkey Corn Dogs, Baked Beans	22) Chef Zach's Choice	23) ½ Day No Lunch!	24)  <b>HOLIDAY!</b>	25) No School
28) Chef Zach's Homemade Soups	29) Macaroni & Cheese, Broccoli Bites & Ranch Dip	30) Homemade Pizza, Spinach Salad	<b>In order to provide tasty and healthy meals we may need to make changes to the menu.</b>	



## FRUITS AND VEGETABLES WILL BE OFFERED WITH EVERY MEAL

**Squash are both nutritious & delicious. They are packed with beta-carotene which turns to Vitamin A as your body needs it. Beta-carotene protects your eyes & supports your bodies immune systems. Vitamin A keeps your bones and skin healthy. Aim to eat at least ½ cup of orange vegetables 3 to 4 times a week.**

## BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwiches	Pancakes or French Toast & Egg	Bagels & Cream Cheese	Breakfast Sandwiches	Muffins, Turnovers or Breakfast Burrito

**100% Fruit Juice or Fruit will be served daily with Breakfast  
Cereal & Yogurt or String Cheese will be a daily option**

**1% White Milk or Fat Free Chocolate Milk is served with Breakfast & Lunch**

