

Monday

Tuesday

Wednesday

Thursday

Friday



1
ALL SAINTS DAY
No School

4
Italian Spaghetti Sauce
Whole Grain Spaghetti
Green Beans 1/2
Cherry/Grape Tomatoes 1/4-1/2
Fresh Fruit 1/2
Whole Grain Yeast Roll (2 oz.)

5
Crispy Chicken Patty
Whole Grain Hamburger Bun
Sweet Potato Fries 1/2
Cucumber Slices 1/4-1/2
Ranch Dipping Sauce
Orange Smiles 1/2

6
Chicken Stew (Diced Chicken)
Whole Grain Brown Rice 1/2-1
Black Eye Peas 1/2
Fresh Baby Carrots 1/4-1/2
Fruit Mix 1/2

7
Beef Fingers
Creamy Potatoes 1/2
Fresh Broccoli Florets 1/4-1/2
Strawberry Cups OR Apple Wedges 1/2
Whole Grain Yeast Roll (2 oz.)

8
Tex Mex Bowl w/WG Brown Rice
WK Corn/Cheese/Black Beans
Broccoli w/Cheese Sauce 1/2
Pear Slices 1/2

11
Beefy Nachos Grande
(GB/Cheese/SC/JP)
Tortilla Chips 1-2 oz
Pinto Beans 1/2
Sweet Kernel Corn 1/4-1/2
Applesauce 1/2

12
Hamburger
Whole Grain Hamburger Bun
Tomato Slices 1/4-1/2
French Fries 1/2
Fresh Seasonal Fruit 1/2

13
Cheesy Chicken Pasta
(Diced Chicken, Process Cheese)
Buttered Carrots 1/2
Cucumber Slices 1/4-1/2
Peach Slices 1/2
Whole Grain Yeast Roll (2 oz.)

14
Baked Chicken, Gravy
Whole Grain Brown Rice 1/2-1
Green Beans 1/2
Sweet Potato Crunch 1/4-1/2
Fruit Mix 1/2

15
Cheese Pizza
Fresh Broccoli Florets 1/2
Fresh Cauliflower Florets 1/4-1/2
Ranch Dipping Sauce
Pineapple Tidbits 1/2

18
Corn Dog
French Fries OR Tator Tots 1/2
Mexican Beans 1/4-1/2
Fruit Mix 1/2

19
Meatballs in Gravy
Whole Grain Brown Rice 1/2-1
Buttered Carrots 1/2
Green Beans 1/4-1/2
Seasonal Fresh Fruit 1/2

20
Chicken Nuggets
Macaroni & Cheese 1/2
Cherry /Grape Tomatoes 1/4-1/2
Cucumber Slices 1/2
Red Bell Peppers 1/4
Ranch Dipping Sauce
Pear Slices 1/2

21
Turkey Roast, Gravy OR Ham
Whole Grain Brown Rice 1/2-1
Broccoli 1/4-1/2
Navy or Lima Beans 1/2
Fruit Choice 1/2
Thanksgiving Dessert

22
Salisbury Steak, Gravy
Creamy Potatoes 1/2
Mustard Greens 1/4-1/2
Peach Slices 1/2
Whole Grain Yeast Roll (2 OZ.)

25

26

27
Thanksgiving Vacation
11/25 – 11/29

28

29

MENUS ARE SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

NOTIFICATION: Peanuts/Peanut Butter are not used in our menus. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.