


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Oven Roasted Chicken or Pork Chops Rice Pilaf Green Beans Squash Mini Biscuit	Crispito Black Beans Corn Garden Salad Brownie
WEEK OF 5 th -9 th Cycle 5	Fish Patty on Bun Cheese Slice & Tartar Sauce Fries Mixed Veggies Romaine & Tomatoes	Chicken Gumbo Brown Rice Green Beans Garden Salad Crackers	Sloppy Joe or Cheeseburger Buttered Carrots Tots Garden Salad	Teriyaki Glazed Chicken Stir Fry Veggies Fried Rice Egg Roll	Corndog Cole Slaw Baked Beans Rice Krispy Treat
WEEK OF 12 th -16 th Cycle 1	Chicken Jambalaya Steamed Broccoli Yams Roll **HOLIDAY**	Turkey Roast Green Beans Mashed Potatoes w/Gravy Breadstick	Taco (Salad*) Black Beans Corn Spanish Rice Tortilla Chips*	Chicken Fingers Mixed Veggies Fries Biscuit	Turkey or Ham Sub Buttered Carrots Romaine & Tomatoes Doritos
WEEK OF 19 th - 23 rd Cycle 2 **HOLIDAY WEEK**	Beef A Roni (Italian) Green Beans Yams Garden Salad Roll	BBQ Chicken Fajita on Bun Fries Carrots Romaine & Tomatoes	Breaded Hamburger Steak Black Eyed Peas Greens Cornbread 1 oz.	Chicken Wings Fries or Potato Wedges Broccoli w/Cheese Roll	Pizza or Pizza Pocket Corn Garden Salad WG Cookie
WEEK OF 26 th -30 th Cycle 3	Chicken Bites Green Peas Sweet Potato Fries Roll	Beef Rib Patty* or Pulled Pork on Bun Baked Beans Potato Salad Fruit Crisp *Supplemental Bid*	Spaghetti w/Meat Sauce Garden Salad Green Beans Breadstick	Chicken Fingers w/Waffles Potatoes* Garden Salad	Frankfurter Hotdog Bun Fries Coleslaw Sun Chips

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MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

NOVEMBER

ALL MEALS SERVED WITH CHOICE OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT SERVED DAILY

100% FORTIFIED FRUIT JUICE SERVED TWICE PER WEEK.

Fun Fact:

Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry relish, but they ate cranberries instead. And no, Turduckens (a turkey stuffed with a duck stuffed with a chicken) were nowhere to be found during that first Thanksgiving!