


| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  | | | | Teriyaki Glazed Meatballs Fried Rice Stir Fry Veggies Egg Roll | Corndog Cole Slaw Baked Beans Rice Krispy Treat |
| WEEK OF 5 th -9 th Cycle 1 | Chicken Jambalaya Steamed Broccoli Yams Roll | Turkey Roast Green Beans Mashed Potatoes w/Gravy Breadstick | Taco (Salad*) Black Beans Corn Spanish Rice Tortilla Chips* | Chicken Tenders Mixed Veggies Fries Biscuit | Baked Potato & Salad Bar or Turkey or Ham Sub (Buttered) Carrots Romaine & Tomatoes Doritos |
| WEEK OF 12 th -16 th Cycle 2 | Beefy Macaroni (Italian) Green Beans Yams (Patty) Garden Salad Roll **HOLIDAY** | BBQ Fajita On Bun or Wrap Fries Carrots Romaine & Tomatoes | Steak Nuggets or Breaded Steak Patty Black Eyed Peas Turnip or Collard Greens Cornbread (1 oz.) | Chicken Wings* Fries or Potato Wedges Ceasar Salad Roll *Chicken Patty* | Pizza or Pizza Pocket Corn Garden Salad WG Cookie |
| WEEK OF 19 th -23 rd Cycle 3 **HOLIDAY WEEK** | Chicken Bites Green Peas Sweet Potato Fries Roll | Beef Rib Patty* or Pulled Pork on Bun Baked Beans Potato Salad Fruit Crisp *Supplemental* | Spaghetti w/Meat Sauce Garden Salad Green Beans Breadstick | Chicken Fingers w/Waffles Potatoes* Garden Salad | Frankfurter Hotdog Bun Fries Coleslaw Sun Chips |
| WEEK OF 26 th -30 th Cycle 4 | Chicken Patty (Breaded, Spicy or Grilled) Bun Romaine & Lettuce Sweet Potato Fries | Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Roll | Chili Whole Roasted Potatoes Corn Cornbread (1 oz.) | Oven Roasted Chicken or Baked Pork Chops Rice Pilaf Green Beans Squash Biscuit (1 oz.) | Chicken Chili Crispito Black Beans Corn (Nuggets) Brownie |

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 DAILY

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!

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