


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chicken Fingers w/Waffles Potato Wedges Carrots Garden Salad	Hot Dog w/Chili Cheese Sauce Cole Slaw Fries Sun Chips
WEEK OF 5 <sup>th</sup> -9 <sup>th</sup> Cycle 4	Chicken Patty on Bun Sweet Potato Fries Romaine & Tomatoes	Salisbury Beef Patty Mashed Potatoes w/Gravy Peas & Carrots Roll	Chili Whole Roasted Potatoes Corn Corn Bread 1 oz.	Oven Roasted Chicken Rice Pilaf Green Beans Squash Mini Biscuit	Crispito Black Beans Corn on Cob Garden Salad Brownie
WEEK OF 12 <sup>th</sup> -16 <sup>th</sup> Cycle 5	Fish Patty on Bun w/Cheese & Tartar Mixed Veggies Fries Romaine & Tomatoes <b>**HOLIDAY**</b>	Chicken Gumbo Brown Rice Green Beans Garden Salad Crackers	Sloppy Joe or Cheese Burger Buttered Carrots Tater Tots Romaine & Tomatoes	Teriyaki Glazed Chicken Fried Rice Stir Fry Veggies Egg Roll	Corn Dog Cole Slaw Baked Beans Rice Krispy Treat
WEEK OF 19 <sup>nd</sup> -23 <sup>th</sup> Cycle 1  <b>**HOLIDAY WEEK**</b>	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 Fingers Mixed Veggies Fries Biscuit	Turkey or Ham Sub Buttered Carrots Romaine & Tomatoes Doritos
WEEK OF 26 <sup>th</sup> -30 <sup>st</sup> Cycle 2	Beef A Roni (Italian) Green Beans Yams (Patty) Garden Salad Roll	BBQ Fajita On Bun or Wrap Fries Carrots Romaine & Tomatoes	Breaded Steak Nuggets Black Eyed Peas Turnip or Collard Greens Bread Choice	Chicken Wings Fries or Potato Wedges Broccoli w/Cheese Sauce Roll	Pizza or Pizza Pocket Corn Garden Salad WG Cookie

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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!