



School Information:

Student lunch: \$2.45
Adult lunch: \$3.50



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



"This institution is an equal opportunity provider and employer"

6
Burgers
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Carrots & Broccoli
Fresh Fruit or Canned Fruit Juice

7
Chicken Quesadilla
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Black bean salad & sweet potato
Fries
Fresh Fruit or Canned Fruit Juice

1
Calzones
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Carrots & Sweet Potatoes
Fresh Fruit or Canned Fruit Juice

2
Pork BBQ
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Baked beans & Cole slaw
Fresh Fruit or Canned Fruit Juice

3
Chicken Nuggets with Roll
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Carrots & Broccoli
Fresh Fruit or Canned Fruit Juice

13
Soft Shell Taco
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Celery sticks & Carrots
Fresh Fruit or Canned Fruit Juice

14
Pizza – burger
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Romaine Salad and Fries
Fresh Fruit or Canned Fruit Juice

8
Chicken Noodle Soup with
Grilled Cheese Sandwich
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Romaine salad & Carrots
Fresh Fruit or Canned Fruit Juice

9
Sloppy Joe
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Green beans & tomato & cucumber salad
Fresh Fruit or Canned Fruit Juice

10
Chicken Patty
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Broccoli and Corn
Fresh Fruit or Canned Fruit Juice

20
BBQ Chicken with Roll
PB&J Sandwich
Black Beans & Corn
Fresh Fruit or Canned Fruit Juice

21
Pizza
PB&J Sandwich
Carrots & Broccoli
Fresh Fruit or Canned Fruit Juice

15
Chicken Penne (Pasta)
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Broccoli & Peas & Carrots
Fresh Fruit or Canned Fruit Juice

16
Thanksgiving Dinner
Turkey with Stuffing,
Mashed Potato, Gravy,
Green Beans & Corn
Pumpkin Pie with Whip Cream

17
Chicken Nuggets with Roll
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Carrots & Broccoli
Fresh Fruit or Canned Fruit Juice

22
NO SCHOOL

23
NO SCHOOL
Happy Thanksgiving!

24
NO SCHOOL

27
Cheeseburger
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Corn & Black bean salad
Fresh Fruit or Canned Fruit Juice

28
Chicken Alfredo with Roll
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Carrots & Broccoli
Fresh Fruit or Canned Fruit Juice

29
Chili with crackers
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Stewed Tomato & Spinach salad
Fresh Fruit or Canned Fruit Juice

30
Fish Sandwich
PB&J Sandwich
Baked Potato
Cobb or Chicken Caesar Salad
Cole Slaw and Fries
Fresh Fruit or Canned Fruit Juice

