



School Information:



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



Soup
Crackers
Veggie Sticks
Cookie **1**

Ham Sandwich
Sun Chips
Fresh Vegetables
Apple Slices **2**

Grilled Cheese
Tri-Tater
Green Beans
Banana **3**

Corn Dog
Tater Tots
Carrot Sticks
Peaches **6**

Ham & Cheese Rollup
Seasoned Wedges
Tomatoes
Dill Pickle
Mixed Fruit **7**

Hamburger & Bun
French Fries
Baked Beans
Apple Slices **8**

Spaghetti & Meat Sauce
Tossed Garden Salad
Peaches **9**

Hot Dogs
Veggie Sticks
S'mores **10**

Chicken Wrap
Tater Tots
Fresh Vegetables
Applesauce **13**

Crispitos
Tossed Salad
Carrot Sticks
Pears **14**

Turkey Gravy
Mashed Potatoes
Corn
Banana
Roll
Pumpkin Bars **15**

Ham Sandwich
Sun Chips
Dill Pickle
Juice Bowl
Apple Slices **16**

Nachos & Cheese
Refried Beans
Carrot Sticks
Pineapple **17**

NO SCHOOL **20**

NO SCHOOL **21**

NO SCHOOL **22**

THANKSGIVING DAY
NO SCHOOL **23**

NO SCHOOL **24**

Chicken & Rice Bowl
Black Bean & Corn Salsa
Peas
Tomatoes
Peaches **27**

Meat Loaf
Mashed Potatoes
Lettuce Salad
Pears
Roll **28**

Soft Taco
Green Beans
Juice Bowl
Applesauce
Chocolate Cake **29**

Chili Pie
Carrot Sticks
Oranges
Cinnamon Roll **30**

