

Monday
Tuesday
Wednesday
Thursday
Friday

Cheese Omelet 1 ea 1m **6**
 Maple Burst'n Pancakes 1g
 Syrup 2 oz 1 ea
 Crunchy Carrot Sticks 1/2 c r/o
 Ranch Dip Cup
 Tropical Twist Veg Juice 1/2c (o)
 Peach Slices 1/2 c

Popcorn chicken 10 ea = 2m **7**
 BBQ Sauce Dip Cup 1 ea
 Deli Roaster Potatoes 8S= 1/2c (o)
 Warm Breadstick 1g
 Steamed Green Beans 1/2 c (o)
 Fresh Orange Smiles 1/2c

Breaded Chicken Patty on a **1**
 2mma/2g
 Baked Beans 1/2c b/p
 Crunchy Cucumber Slices 1/2 c, 6
 slices (o)
 Ranch Dip Cup
 Banana 1 ea

Mighty Meatsauce with Rotini 2 **2**
 Breadstick 1 g
 Baby carrots 1/2 c (r/o)
 Steamed Green Beans 1/2c (o)
 Pineapple chunks 1/2 c

NO LUNCH 3
ELEMENTARY EARLY RELEASE
DAY

Hamburger on a Bun 2m2 **13**
 Cheddar Cheese Slice 1 oz
 Ketchup/Mustard
 French Fries 1/2 c (s)
 Baby Carrots 1/2c (r/o)
 Strawberry Cup 1/2c

Breaded Chicken Drumstick **14**
 ea/2mma/.75g
Local Organic Baked Potato 1 ea
 120ct 1/2c (s)
 Sour Cream/Butter pat
 Dinner roll 1g
 Steamed Sweet Peas 8s=1/2c (s)
 Banana 1 ea 150ct

Sweet & Sour Chicken 6S=2 **8**
 Steamy Brown Rice 8S= 1/2 c (o)
 Vegetable Stir Fry 8S= 1/2c 0
 Ranch Dip Cup 1 ea
 Celery Sticks 1/2c =4 sticks (o)
 Chocolate Chip Cookie WG 1g
 Pineapple Chunks 1/2 c

Taco Meat 16s=4oz=2m **9**
 Tortilla Chip 1 bg=2g
 Nacho Toppings: Cheese/Lettuce
 Salsa Cup 1/2 c (r/o)
 Refried Beans 1/2c (b/p)
 Sweet Corn 1/2c (s)
 Apple slices 2.4 oz bag =1/2c

Galaxy Cheese Pizza 2m2 **10**
 Romaine Garden Salad 1c = 1/2c (o)
 Dressing Choice 1 ea
 Cherry Tomatoes 3 ea = 1/4 c
 Sliced Pears 1/2c
 Cherry Smooth Sidekick Slush cup
 1/2 cup veg (r/o)

Blueberry Mini Waffles 2g **20**
 Syrup cup 1 ea
 Cheese Omelet 1 ea =1mma
 Baby Carrots 1/2 c (r/o)
 Tropical Twist Veg Juice 1/2 (o)
 Chilled Peach slices 1/2 c

Turkey w/Gravy 4 oz/2m **21**
 Whipped Potatoes 1/2 c (s)
 Cranberry Sauce 16 S =1/4 c
 Steamed Green Beans 1/2c (o)
 Dinner Roll 1 g
 Sliced Pears 1/2 c
 Pumpkin Cookie 1 ea

Crunchy Fish Sticks 4 ea=2m **15**
 Tartar Sauce pkt 1 ea
 Baked Beans 1/2 c (b/p)=8S
 Steamed Broccoli 1/2c (dg)
 Harvest Cheddar Chips 1/2 c
 Red Grapes 1/2 c

Grilled Chicken Patty /Bun **16**
 2mma/2g - Mayo pkt
 Tator Gems 1/2 c (s)
 Ketchup pkt.
 California Blend Vegetables 1/2 c (o)
 Ranch Dip Cup
 Fresh Orange Slices 6sl=1/2 c

Pepperoni Pizza Sticks 1ea= **17**
 String Cheese = 1m
 Steamed Sweet Carrot Coins 1/2 c
 (r/o)
 Romaine Garden Salad 1 c= 1/2 c
 (dg)
 Dressing Choice
 Chilled Pear Slice 1/2c =8s

22
NO LUNCH
THANKSGIVING BREAK

23
NO LUNCH
THANKSGIVING BREAK

24
NO LUNCH
THANKSGIVING BREAK

Hot dog on a Bun 2m/2g **27**
 Ketchup Pkt /Mustard Pkt
 French Fries 1/2c (s)
 Cherry Smooth Sidekick veg (r/o)
 1/2c
 Applesauce Cup 1 ea 1/2c

Chicken Nuggets 5 ea 2m/1g **28**
 BBQ sauce Dip Cup 1 ea
 Sour Cream Pop Crisps 1 g 1ea
 Baked Beans 1/2c=(b/p)
 Blueberries 1/2 c

29
 Meatballs 4 ea Brown Gravy
 Rotini Pasta 1/2 c =8S (1g)
 Dinner roll 1g
 Cherry tomatoes 1/4c (r/o)
 Steamed Sliced Carrots 1/2c (r/o)
 Apple Slices 2.4 oz bag= 1/2c

30
 Mini Ravioli 3 ea=2m/1g
 Marinara Sauce 3 oz 1/2c (o)
 Cheese Stuffed Bosco Bread Stick
 1 ea 1 g
 Steamed Broccoli 1/2c. (d/g)=8S
 Pineapple Chunks 1/2 c
 Cherry Blue Raspberry Sorbet 1/2c

HARVEST OF THE MONTH: NOVEMBER 14 BAKED POTATO

All meals served with choice of Milk (Varies by school) : Nonfat Chocolate Milk, 1%, or 2%

Daily Alternate Meals Available: Ham & Cheese or Peanut Butter & Jelly

"This Employer is an Equal Opportunity Employer"

