

November 1 - November 30

**LUNCH**

*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sliced Chicken & Cheese W/G Potato Bun-1 Black Bean and Corn Salad Cup - 3/4c. Fresh Pear -1 Milk-8 oz.	2 BBQ Beef Riblet on Wheat Hamburger Bun - 1 Kidney Beans - 3/4c. Fresh Orange-1 Milk-8 oz.	3 W/G Dominos Pizza Slice -1 Romaine Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
6 W/W Chicken & Cheese Quesadillas - 3 Mixed Vegetables - 3/4c. Fresh Apple - 1 Milk-8 oz.	7 All Beef Hamburger on a Whole Wheat Bun-1 Red Kidney Beans-3/4 c. Fresh Pear - 1 Milk-8 oz.	8 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Diced Peach Cup-1/2 c. Milk-8 oz.	9 W/G Popcorn Chicken-3.8 oz. Seasoned Diced Potatoes - 3/4c Whole Grain Bread -1 Fresh Orange-1 Milk-8 oz.	10 W/G Dominos Pizza Slice -1 Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
13 Breaded Chicken Patty on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	14 Beef Meatballs Parmigiana on W/G Sub Roll-1 Diced Carrots-1 c. Fresh Apple-1 Milk-8 oz.	15 All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Celery Sticks w/ Dip- 3/4c Fresh Banana -1 Milk-8 oz.	16 Macaroni & Cheese - 8oz. Broccoli Florets-3/4 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread - 1 Milk-8 oz.	17 W/G Dominos Pizza Slice -1 Romaine Salad w/ Dressing-1 1/2 c. Diced Peach Cup-1/2 c. Milk-8 oz.
20 BBQ Beef Riblet on Wheat Hamburger Bun - 1 Seasoned Diced Potatoes - 3/4 Fresh Banana-1 Milk-8 oz.	21 Beef Nachos with Cheddar Cheese Sauce-6 oz. Fresh Baby Carrots w/ Dip-1 c. W/G Tortilla Scoops-1 oz. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	22 <b>THANKSGIVING BREAK NO SCHOOL</b>	23 <b>Happy Thanksgiving! NO SCHOOL</b>	24 <b>THANKSGIVING BREAK NO SCHOOL</b>
27 Chicken Fingers-3/4 c. Corn - 3/4 c. Whole Grain Bread - 1 Pineapple Cup-1/2 c. Milk-8 oz.	28 All Beef Hamburger on Whole Wheat Bun - 1 Black Beans-3/4 c. Fresh Pear - 1 Milk-8 oz.	29 Turkey & Provolone on W/G Potato Bun-1 Celery Sticks w/ Dip - 3/4c. Fresh Apple -1 Milk-8 oz.	30 Cheese Lasagna w/ Meat Sauce-5 oz.. Sliced Carrots - 1c Whole Grain Bread - 1 Diced Peach Cup-1/2 c. Milk-8 oz.	