



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Grilled Cheese
w/tomato soup
Choice of Vegetable
Choice of Fruit
Milk

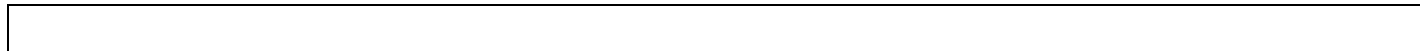
3
NO SCHOOL

*Professional
Development
Day*

4
Walking Taco
Mexicali Corn
Choice of Fruit
Milk

5
Chicken Nuggets
w/roll
Mashed Potatoes &
Gravy
Choice of Fruit
Milk

6
Meatball Sub
Garden Salad
Choice of Fruit
Milk



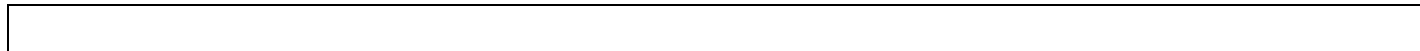
9
Corn Dog
Choice of Vegetable
Choice of Fruit
Milk

10
Beef Stew w/roll
Choice of Vegetable
Choice of Fruit
Milk

11
Nachos Beef &
Cheese
Choice of Vegetable
Choice of Fruit
Milk

12
Baked Chicken
Nuggets w/roll
Mashed Potatoes &
Gravy
Choice of Fruit
Milk

13
Ravioli w/breadstick
Choice of Vegetable
Choice of Fruit
Milk



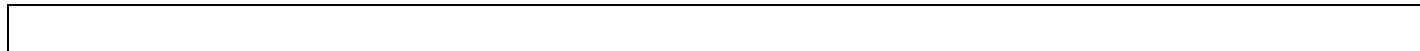
16
Rib BBQ Sandwich
Sweet Potatoes
Choice of Fruit
Milk

17
Sweet & Sour Chicken
w/steamed white rice
Choice of Vegetable
Choice of Fruit
Milk

18
Soft Beef Tacos (2)
Refried Beans
Choice of Fruit
Milk

19
Chicken Tenders
Mashed Potatoes &
Gravy
Warm Apple Slices
Milk

20
Baked Fish Sandwich
Macaroni & Cheese
Choice of Fruit
Milk



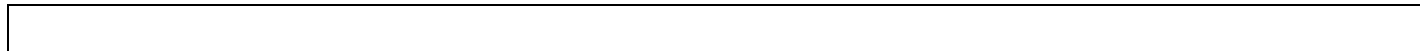
23
Coney Dog
Choice of Vegetable
Choice of Fruit
Milk

24
Sliced Roasted Turkey
w/stuffing
Mashed Potatoes &
Gravy
Choice of Fruit
Milk

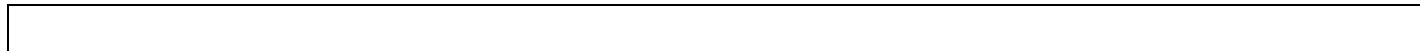
25
NO SCHOOL

26
*Happy
Thanksgiving*

27
NO SCHOOL



30
Grilled Ham & Cheese
w/potato soup
Choice of Vegetable
Choice of Fruit
Milk



Did you know...

A sweet potato is naturally sweet due to a natural enzyme that converts the starch to sugar when the potato matures and when it is cooked. Some people like it even sweeter with a little cinnamon and brown sugar. The sweet potato is also one of the healthiest foods in the vegetable kingdom. It is low in calories, high in fiber, has lots of vitamin B6, vitamin C, potassium and iron. Sweet potatoes – they aren't just for Thanksgiving. You owe it to your taste buds and your body to try these naturally delicious treats.

