



**MEAL PRICES LUNCH: \$2.85
REDUCED: .40 CENTS
"EACH MEAL MUST CONTAIN A FRUIT OR VEGETABLE"**



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

- 6 -Popcorn Chicken Mashed Potato Bowl w/ Roll
- Country Fried Steak w/ Roll
- Steamed Corn
- Canned pears & peaches
- Apple slices
- Baby Carrots

- 7 -Lasagna Roll Up w/ Garlic Toast
- Pretzel w/ Cheese
- Green Beans
- Bananas
- Frozen thawed blueberries
- Grape Tomatoes

- 8 -Beef & Cheese Nachos
- Philly Cheesesteak
- Baked Beans
- Canned mixed fruit
- Mandarin Oranges
- Romaine Lettuce

- 9 -Chicken & Noodles w/ Roll
- Bosco Sticks
- Steamed Carrots
- Canned pears & peaches
- Watermelon or Cantaloupe
- Sliced Cucumbers

- 10 -French Toast Sticks w/ Sausage Patty
- Pizza Cheese Crunchers
- Hash Brown Patty
- Canned applesauce
- frozen thawed strawberries
- Baby Carrots

- 13 -fish sticks w/ Macaroni & Cheese
- Bosco Sticks w/ Marinara Sauce
- Steamed Corn
- Canned pears & peaches
- Apple slices
- Baby Carrots

- 14 -Fajita Chicken Rice Bowl w/ Queso
- Pulled Pork Sandwich
- Refried Beans
- Bananas
- Frozen thawed blueberries
- Grape Tomatoes

- 15 -Cheeseburger Macaroni w/ Breadstick
- Tonys Pizza (Cheese or Pepperoni)
- French Fries
- Mandarin Oranges
- Romaine Lettuce

- 16 -Turkey & Gravy w/ Roll
- Chicken & Cheese Quesadilla
- Mashed Potatoes
- Canned pears
- fresh fruit
- Sliced Cucumbers

- 17 -Mini Cheese Ravioli w/ Mozzarella Sticks & Marinara
- Cheese Dog
- Green Beans
- Canned applesauce
- frozen thawed strawberries
- Baby Carrots

- 20 -Chicken Strip Basket w/ Country Gravy
- Meatball Sub
- French Fries
- Canned pears & peaches
- Apple slices
- Baby Carrots

- 21 -Chicken Drumstick w/ Parmesan Buttered Noodles
- Beef & Cheese Nachos
- Steamed Corn
- Bananas
- Frozen thawed blueberries
- Grape Tomatoes

**NO SCHOOL
THANKSGIVING BREAK** 22

**NO SCHOOL
THANKSGIVING BREAK** 23

**NO SCHOOL
THANKSGIVING BREAK** 24

- 27 -Beef Soft Tacos w/ Salsa
- Corn Dog
- Steamed Corn
- Canned pears & peaches
- Apple slices
- Baby Carrots

- 28 -Popcorn Chicken w/ Roll
- Cheeseburger
- Baked Beans
- Bananas
- Frozen thawed blueberries
- Grape Tomatoes

- 29 -Ling's Orange Chicken w/ Rice
- Tony's Pizza (Cheese or Pepperoni)
- French Fries
- Canned mixed fruit
- Mandarin Oranges
- Romaine Lettuce

- 30 -Shrimp w/ Macaroni & Cheese
- The Max Cheese Filled Pizza Sticks w/ Marinara
- Green Beans
- Canned pears & peaches
- fresh fruit
- Sliced Cucumbers

**Daily: PBJ Meal
Daily: Muffin/String
Cheese/Yogurt/Goldfish Meal
Daily: Choice of Milk**