

NOVEMBER

Mon

Tue

Wed

Thu

Fri

				1 Breakfast: Cream cheese bagel, fruit, juice Lunch: Pizza, fries, salad, fruit
4 Breakfast: Grilled cheese, fruit, juice Lunch: Tacos, rice, salad, fruit	5 Breakfast: Frudel, boiled egg, juice, fruit Lunch: Chicken soup, corn, chips, salad, fruit	6 Breakfast: croissant, fruit, juice Lunch: Fish sticks, mashed potatoes, salad, fruit	7 Breakfast: Yogurt, granola, fruit, Lunch: Sloppy joe, ranch beans, salad, fruit	8 Breakfast: Mini pancakes, fruit, juice Lunch: Hotdog, tots, salad, fruit
11 Breakfast: Grain bar, boiled egg, fruit, juice Lunch: Nachos w/meat, beans, salad, fruit	12 Breakfast: Biscuit sausage & gravy, juice, fruit Lunch: Enchiladas, rice, salad, fruit	13 Breakfast: Ham & cheese quesadilla, fruit, juice Lunch: Bean tostadas, rice, salad, fruit	14 Breakfast: Egg, hash brown, tortilla, fruit, juice Lunch: Ham & cheese sandwich, salad, fruit	15 Breakfast: Cereal, graham cracker, fruit, juice Lunch: Pizza, fries, salad, fruit
18 Breakfast: French toast, fruit, juice Lunch: Pupusa, rice, salad, fruit	19 Breakfast: Egg w/chorizo , tortilla, fruit, juice Lunch: Fish sticks, mashed potatoes, salad, fruit	20 Breakfast: Muffins, cheese stick, fruit, juice Lunch: Chicken sandwich fries, salad, fruit	21 Breakfast: Cereal, cheese stick-juice, fruit Lunch: 	22 Breakfast: Muffins, cheese stick, juice, fruit Lunch: Cooks choice
 Thanksgiving Break No School				Choice of Milk: 1% Low-fat White Fat free Chocolate Low-fat Strawberry