



School Information:

eLearning day Nov. 8th
 Thanksgiving break Nov.22-24
 Have a Happy Thanksgiving enjoy with family & friends.



Nutrition Tip: Try new foods; Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade new and tasty recipes with friends or find them online.



Monday

Tuesday

Wednesday

Thursday

Friday



1
 SALISBURY STEAK, MASHED POTATOES, COOKED CARROTS, CINNAMON APPLESAUCE, ROLL W/ BUTTER, MILK

2
 RAVIOLI, ROMAINE SALAD, PEPPER STRIPS, BREADSTICK, FRESH FRUIT, MILK

3
 QUESADILLA, NACHO CHIPS, SALSA, SEASONED BLACK BEANS, MIXED FRUIT, MILK

6
 Book Highlighted:☺
 James & the Giant Peach
 DUNKIN STICKS, MARINARA SAUCE, PASTA SALAD, BAKED CHIPS, PEACHES, MILK

7
 WALKING TACO, LETTUCE,CHEESE, SPANISH RICE, CHARRO BEANS, FRESH FRUIT, MILK

8
 eLearning day

9
 JOHNNY MARZITTI, ROMAINE SALAD, CUCUMBER SLICES, BOSCO STICK, FRESH FRUIT, MILK

10
 FISH SANDWICH, MAC & CHEESE, PEAS, CHERRY TOMATOES, PINEAPPLE TIDBITS, MILK

13
 CHICKEN ALFREDO, ROMAINE SALAD, PEPPER STRIPS, BREAD STICK, APPLESAUCE, MILK

14
 HAMBURGER, FRENCH FRIES, SPINACH, PICKLES, FRESH FRUIT, MILK

15
 Book Highlighted:☺
 Cranberry Thanksgiving
 TURKEY, MASHED POTATOES, GREEN BEANS, CRANBERRY FLUFF, ROLL W/ BUTTER, MILK

16
 CHICKEN WRAP, LETTUCE, CHEESE, BEAN SALAD, RADISHES, FRESH FRUIT, MILK

17
 BISCUIT AND GRAVY, SAUSAGE LINK, HASH BROWN, TOMATO JUICE, MANDARIN ORANGES, MILK

20
 HOT DOG, BAKED BEANS, COTTAGE CHEESE, CELERY STICKS, STEWED APPLES, MILK

21
 PIZZA, ROMAINE SALAD, BAKED CHIPS, FRESH FRUIT, MILK

22
 THANKSGIVING BREAK

23
 HAPPY THANKSGIVING

24
 THANKSGIVING BREAK

27
 MEATBALL SUB, ONION RINGS, COOKED CARROTS, MIXED FRUIT, MILK

28
 CHICKEN STICKS, BAKED POTATO, BROCCOLI/ CHEESE, FRESH FRUIT, COOKIE, MILK

29
 BEEF & NOODLES, MASHED POTATOES, GREEN BEANS, PEACHES, BREAD & BUTTER, MILK

30
 SLOPPY JOE, STEWED TOMATOES, SWEET POTATO FRIES, FRESH FRUIT, MILK

Menu subject to change without notice.
 Alternative lunch will be salad or sunbutter sandwich.