



School Information:

Nov.4th E-learning day
Nov.27th -29th Thanksgiving Break



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Tuesday

Wednesday

Thursday

Friday



Please check out our Wellness Policy, Offer versus Serve, and our Procedure for Student Meal Accounts found on our school website.



1
MEATBALL SUB WITH CHEESE, MIXED VEGGIES, PEACHES, MILK

4
E-LEARNING DAY

5
BOSCO STICKS WITH MARINARA DIPPING SAUCE, COOKED CARROTS, APPLESAUCE, MILK

6
CHICKEN PARMESAN SANDWICH, GARBANZO BEAN SALAD, BROCCOLI, FRESH FRUIT, MILK

7
COUNTRY FRIED STEAK, MASHED POTATOES, GRAVY, CORN, ROLL, PEACHES, MILK

8
STREET TACOS, MEAT, CHEESE, SALSA, ROMAINE LETTUCE, MIX FRUIT, MILK

11
WAFFLE, SAUSAGE, BLUEBERRY TOPPING, BREAKFAST POTATOES, JUICE, MILK

12
CRISPIITOS, SALSA, ROMAINE LETTUCE, APPLE, MILK

13
MINI CORN DOGS, CARROTS, PEARS, MILK

14
BLACKHAWK BOWL, CHICKEN, MASHED POTATOES, CORN, GRAVY, BISCUIT, FRESH FRUIT, MILK

15
GRILLED HAM & CHEESE SANDWICH, TOMATO SOUP, BEAN SALAD, APPLESAUCE, MILK

18
CHICKEN FAJITAS, MEXI CORN, SALSA, FRUIT CUP, MILK

19
BLACKHAWK BURGER, ONION, LETTUCE, TOMATO, BAKED BEANS, MIXED FRUIT, MILK

20
CALZONE, MARINARA SAUCE, BROCCOLI, FRESH FRUIT, MILK

21
THANKSGIVING LUNCH ☺
SLICED TURKEY, MASHED POTATOES, GRAVY, GREEN BEANS, ROLL, PEACHES, COOKIE, MILK

22
B-B-QUE RIB SANDWICH, COOKED CARROTS, APPLESAUCE, MILK

25
FRENCH TOAST STICKS, SAUSAGE, BREAKFAST POTATOES, BLUEBERRY TOPPING, JUICE, MILK

26
LASAGNA ROLL-UP, BROCCOLI, GARLIC BREAD, FRESH FRUIT, MILK

27
THANKSGIVING BREAK

28
HAPPY THANKSGIVING ☺

29
THANKSGIVING BREAK