



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
 IRISH NACHOS, POTATO WEDGES, TACO MEAT, SALSA CHEESE, ROMAINE SALAD, ORANGE, MILK

2
 CHICKEN AND NOODLES, MASHED POTATOES, CORN, BISCUIT, PEACHES, MILK

3
 MINI CORN DOGS, O- RINGS, CALIFORNIA VEGGIES, PEARS, FRESH FRUIT, MILK

6
 CHEESE BOSCO STICKS DIPPING SAUCE, MIXED VEGGIES, JUICE, FRESH FRUIT, MILK

7
 CHICKEN FAJITA, ONIONS & GREEN PEPPERS, SPANISH RICE, SEASONED BLACK BEANS, MIXED FRUIT, MILK

8
 eLearning day

9
 SALISBURY STEAK, MASHED POTATOES, GRAVY, CORN, PEACHES, ROLL, MILK

10
 CHILI CHEESE FRITO BOWL, CAULIFLOWER, PINEAPPLE, JUICE, MILK

13
 APPLE TEXAS TOAST SAUSAGE, HASH BROWN, JUICE, BANANA, MILK

14
 CHICKEN PARMESAN W/ PASTA, PEAS & CARROTS, FRESH FRUIT, SPINACH SALAD, MILK

15
 THANKSGIVING LUNCH
 TURKEY, MASHED POTATOES, GRAVY, GREEN BEANS, FRUIT, ROLL, MILK

16
 BLACKHAWK BURGER, BAKED CHIPS, BROCCOLI W/ CHEESE, PEARS, APPLE, MILK

17
 CHICKEN CRISPITO, SALSA, MEXI RICE, CORN, APPLESAUCE, MILK

20
 CHICKEN AND WAFFLES, HASH BROWN, WARM SPICED APPLES, JUICE, MILK

21
 PEPPERONI BOSCO STICK, DIPPING SAUCE, FRUIT, VEGGIE, MILK

22
 Thanksgiving break

23
 Happy Thanksgiving

24
 Thanksgiving break

27
 HOT AND SPICY CHICKEN, MAC AND CHEESE, GREEN BEANS, PEACHES, MILK

28
 TERIYAKI CHICKEN, RICE, ORIENTAL VEGETABLES, PINEAPPLE, MILK, FORTUNE COOKIE

29
 CHEESE QUESADILLA, SALSA, REFRIED BEANS, CARROTS, FRESH FRUIT, MILK

30
 BLACKHAWK BOWL, CHICKEN POPPERS, CORN , MASHED POTATOES, GRAVY, CHEESE, BISCUIT, FRUIT, MILK

Menu subject to change without notice.