



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Kohlrabi Apple Salad</p> <p>FRESH PICKS</p>	<p>ChooseMyPlate.gov</p>	<p>Alternatives</p> <p>Mon: Hot Ham Tues: Turkey Sub Wed: Hot Dog Thurs: Ham Sub Fri: Chicken Patty:</p>	<p>1 Cheesy Beef Nachos</p> <p>Pinto Beans Salsa</p>	<p>2 Pepperoni Pizza</p> <p>Crisp Garden Salad Green Beans</p>
<p>5 Homemade Mac & Cheese</p> <p>Warm Golden Breadstick Steamed Peas Cherry Tomatoes</p>	<p>6 Crispy Chicken Bowl</p> <p>Fresh Baby Carrots Mashed Potatoes</p>	<p>7 Spaghetti w/ Meat Sauce</p> <p>Garlic Breadstick Fresh Salad Steamed Italian Vegetables</p>	<p>8 Walking Taco</p> <p>Rice Mexi-corn Crisp Lettuce Black Beans</p>	<p>No School</p>
<p>12 Hearty Chili con Carne w/Cornbread</p> <p>Crunchy Baby Carrots</p>	<p>13 Chicken Fajitas</p> <p>Pinto Beans Crisp Romaine Lettuce Diced Tomatoes Salsa</p>	<p>14 Meatloaf</p> <p>Dinner Roll Mashed Potatoes Corn Romaine Salad</p>	<p>15 Chicken Cacciatore</p> <p>Mixed Vegetables Fresh Celery Sticks Garlic Breadstick</p>	<p>16 Cheeseburger</p> <p>Fresh Garden Salad Crisp Baked Fries</p>
<p>19 Cheese Sticks</p> <p>Seasoned Green Beans Mixed Vegetables</p>	<p>20 Golden Corn Dog</p> <p>Tangy Coleslaw Fresh Baby Carrots</p>	<p>21 Zesty Taco Soup w/ Crunchy Corn Tortilla Chips</p> <p>Refried Beans Romaine Lettuce Diced Tomatoes</p>	<p>22 Happy Thanksgiving</p>	<p>No School</p>
<p>26 Grilled Cheese</p> <p>Tomato Soup Mixed Vegetables Romaine</p>	<p>27 Chicken & Rice Casserole</p> <p>Green Beans Fresh Baby Carrots Dinner Roll</p>	<p>28 Beef Enchilada</p> <p>Cilantro-Lime Rice Romaine Lettuce Diced Tomatoes Pinto Beans</p>	<p>29 Tater Tot Hot Dish</p> <p>Dinner Roll Fresh Baby Carrots</p>	<p>30 Cheeseburger</p> <p>Fresh Garden Salad Crisp Baked Fries</p>

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.