

NOVEMBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
A Teriyaki Dippers B Mozzarella Sticks Rice Pilaf Vegetable Bar Fresh Fruit 2	A Hamburger or Cheeseburger on a bun B Turkey Burger Green Beans Royal Brownies Peaches 3	A Turkey Italian Sandwich B B-B-Queed Rib Pasta Salad Vegetable Bar Chunk Watermelon 4	A Quesadilla B Egg Salad Roll Baked Sweet Potato Vegetable Bar Fresh Fruit Salsa 5	A Waffles w/ Fruit Topping B Hot Ham & Cheese Wrap Hashbrowns Carrots Oranges Halves 6
A Spaghetti w/ Meat Sauce or w/Marinara Sauce Breadstick B Chicken Salad Sand Peas Fresh Fruit 9	A Parmesan Turkey Ranch B Chicken Nugget Baked Potato Vegetable Bar Peaches 10	No School Holiday	A Tomato Soup and Grilled Cheese-Lo Fat Sandwich B Tuna Melt Wrap Vegetable Bar Fresh Fruit 12	A Meatball Sub B Asian Chicken Brown Rice Green Beans Fruit Cocktail 13
A Cheese Ravioli Wheat Bread B Hot Dog On A Roll Broccoli Salad Peas Apples 16	A Chicken Noodle Soup Sloppy Joe On A Bun B Corn Dogs Whole Wheat Macaroni Green Beans Pineapple Chunks 17	A Roast Turkey Stuffing & Gravy B Ham & Cheese Wrap Mashed Potatoes Winter Squash Pumpkin Cake Oranges Halves Wheat Rolls 18	A Pretzel w/Cheese Sauce B Chicken Fajitas Peas Fresh Fruit Jello 19	A French Toast Stick B Steak & Cheese Wrap Hashbrowns Vegetable Bar Bananas 20
A Macaroni and Cheese B Fishwich Wheat Rolls Garden Salad Peas & Carrots Mandarin Oranges 23	A Cheese Pizza B Chicken Salad Sand Red Bliss Potatoes Broccoli Bananas 24	No School Workshop	No School Holiday	No School Holiday
A Nachos B Fun Fish Vegetable Bar Pumpkin Cake Pears 30				

****Served Daily: Juice, Fresh Fruit at Breakfast, Vegetable Bar at Lunch, Variety of Milk at all meals. Menu is subject to change without notice.****

Breakfast:
Monday: Breakfast Sandwich or Cereal or Yogurt
Tuesday: Hash Brown and egg or Cereal or Yogurt
Wednesday: French Toast or Pancakes w/Fruit Topping or Cereal or Yogurt
Thursday: Bagel w/cream cheese or Cereal or Yogurt
Friday: Breakfast Pizza or Burrito or Cereal or Yogurt

Choice C Everyday: Peanut Butter & Jelly Sandwich on 100% Whole Wheat Bread

	<u>Average</u>	<u>Target</u>	<u>% of Target</u>		<u>Average</u>	<u>% of Calories</u>	<u>Target</u>
Calories	635	645	99%	Total Fat	18.24g	25.83%	<30.00%
				Sat. Fat	6.01 g	8.51%	<10.00%

NOTE: * denotes missing or incomplete nutrient