



NOVEMBER

BREAKFAST/LUNCH/A LA CARTE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>B: Breakfast wrap, grapes, juice, milk</p> <p>L: Cheeseburgers, sweet potato cross trax fries, sugar snap peas, fruit cocktail, milk</p> <p>A: Egg salad sandwich</p> <p><i>October 29</i></p> <p>NO SCHOOL</p>	<p>B: Maple burst pancakes, applesauce, juice, milk</p> <p>L: Mummy dogs, baked beans, "boo" nanas, milk</p> <p>A: BBQ pork sandwich</p> <p><i>30</i></p> <p>B: Mini cinnis, bananas, juice, milk</p> <p>L: Beef gravy & mashed potatoes, onion dill rolls, carrots, oranges, sherbet, milk</p> <p>A: Spaghetti</p> <p><i>6</i></p> <p>B: Breakfast wrap, salsa, bananas, juice, milk</p> <p>L: Corn dog nuggets, oven fries, baby carrots, applesauce, pudding, milk</p> <p>A: Vegetable soup</p> <p><i>13</i></p> <p>B: Maple pancake sausage wrap, bananas, juice, milk</p> <p>L: Turkey gravy, mashed potatoes, stuffing, whole wheat dinner rolls, sweet potatoes, cranberry sauce, milk</p> <p>A: Goulash</p> <p><i>20</i></p> <p>B: Pop tarts, cheese sticks, bananas, juice, milk</p> <p>L: Hot ham & cheese, red potatoes with herbs, baby carrots, kiwi, ice cream, milk</p> <p>A: Herbed chicken salad</p> <p><i>27</i></p>	<p>B: Frightfully good cinnamon rolls, grapes, juice, milk</p> <p>L: Hard shell tacos, lettuce/cheese, salsa, golden rice, refried beans, peaches, milk</p> <p>A: Beef gravy & mashed potatoes</p> <p><i>31</i></p> <p>B: Donuts, applesauce, juice, milk</p> <p>L: Meatball sub, lettuce/cheese, fresh grape tomatoes, kiwi, milk</p> <p>A: Tater tot hotdish</p> <p><i>7</i></p> <p>B: Churros, yogurt, apples, juice, milk</p> <p>L: Turkey, swiss & bacon flatbread sandwich, lettuce, fresh cucumber slices, pears, milk</p> <p>A: Pizza hotdish</p> <p><i>14</i></p> <p>B: Harvest oatmeal muffins, pears, juice, milk</p> <p>L: French bread pizza, spinach greens salad, fresh cucumber slices, pineapple chunks, milk</p> <p>A: Lasagna</p> <p><i>21</i></p> <p>B: Cocoa Puffs, whole wheat toast, juice, milk</p> <p>L: Chicken fajitas, lettuce/cheese, salsa, aztec black beans, golden rice, apples, milk</p> <p>A: Beef stroganoff</p> <p><i>28</i></p>	<p>B: Breakfast burrito, salsa, kiwi, juice, milk</p> <p>L: BBQ pork sandwich, baked potato, sour cream, broccoli with cheese sauce, applesauce, milk</p> <p>A: Beef stroganoff</p> <p><i>November 1</i></p> <p>B: Breakfast sliders, grapes, juice, milk</p> <p>L: Breaded pork, mashed potatoes, cream gravy, green beans, whole wheat dinner rolls, fruit cocktail, milk</p> <p>A: Herbed chicken salad</p> <p><i>8</i></p> <p>B: Whole wheat toast, peanut butter, oranges, juice, milk</p> <p>L: Swedish meatballs, whole grain pasta, whole wheat dinner rolls, corn, fresh snow peas, peaches, milk</p> <p>A: Chicken wild rice soup</p> <p><i>15</i></p> <p>NO SCHOOL Happy Thanksgiving!</p> <p><i>22</i></p> <p>B: Little cinnamon johns, pears, juice, milk</p> <p>L: Tomato soup, grilled cheese, baby carrots, fruit cocktail, pudding, milk</p> <p>A: Spaghetti</p> <p><i>29</i></p>	<p>B: Maple burst mini pancakes, bananas, juice, milk</p> <p>L: Ham & cheese sub, Doritos, lettuce/tomatoes/onion/pickles/black olives, baby carrots, pears, milk</p> <p>A: Winter chili, cookies</p> <p><i>2</i></p> <p>B: Mini bagels, strawberry cream cheese, apples, juice, milk</p> <p>L: Chicken wild rice soup, grilled cheese, spinach greens salad, fresh cucumber slices, peaches, milk</p> <p>A: Egg salad sandwich, cookies</p> <p><i>9</i></p> <p>B: Scrambled eggs with ham, whole wheat toast, pineapple chunks, juice, milk</p> <p>L: Stuffed crust pepperoni pizza, spinach greens salad, baby carrots, bananas, milk</p> <p>A: Cheesy potato soup, cookies</p> <p><i>16</i></p> <p>NO SCHOOL</p> <p><i>23</i></p>
<p>B: Waffles, peaches, juice, milk</p> <p>L: Chicken tacos, lettuce/cheese, salsa, golden rice, fresh grape tomatoes, refried beans, oranges, milk</p> <p>A: Tuna salad sandwich</p> <p><i>12</i></p> <p>B: French toast sticks, oranges, juice, milk</p> <p>L: Pizza hotdish, mini garlic toast, lettuce salad, fresh broccoli, peaches, milk</p> <p>A: Cheesy potato soup</p> <p><i>26</i></p>				

