



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>700:1303:97</p> <p>Chicken Parmesan Pita(4) Baked Green Beans(3) Whole Wheat Pita Bread(34) Diced Pears(14) 1% White or FF Flavored Milk(19)</p> | <p>700:1303:97</p> <p>Chicken Pot Pie(3) Diced Potatoes(20) Biscuit(31) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> | <p>1 700:1303:97</p> <p>Cheeseburger Macaroni w/ WW Dinner Roll(23) Savory Carrots Coins(4) Dinner Roll(15) Mixed fruit(17) 1% White or FF Flavored Milk(19)</p> | <p>2 656:1101:79</p> <p>WG Pepperoni Pizza Slice(31) Mixed Veggie Slaw (3) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> | <p>3 561:853:72</p> <p>WG Pepperoni Pizza Slice(31) Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> |
| <p>6 488:693:75</p> <p>Cheeseburger Meatloaf on WW Bun (32) Baked Beans(39) Diced Pears(14) 1% White or FF Flavored Milk(19)</p> | <p>7 632:1592:77</p> <p>Chef Salad(1) Romaine w/ Dressing(1) Whole Wheat Pita Bread(34) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p> | <p>8 688:1296:112</p> <p>Crispy Chicken Strips with WG Goldfish Baked Beans(39) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> | <p>9 571:680:94</p> <p>Meatballs & Gravy with Brown Rice(44) Seasoned Corn(14) Mixed fruit(17) 1% White or FF Flavored Milk(19)</p> | <p>10 600:965:70</p> <p>WG Pepperoni Pizza Slice(31) Baby Carrots w/ Ranch(9) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> |
| <p>13 674:1371:104</p> <p>All-American Hamburger on WW Bun(29) Baked Beans(39) Mixed fruit(17) 1% White or FF Flavored Milk(19)</p> | <p>14 640:1367:75</p> <p>Crispy Popcorn Chicken w/ WG Goldfish Potato Wedges(21) Diced Pears(14) 1% White or FF Flavored Milk(19)</p> | <p>15 755:1453:116</p> <p>Salisbury Steak with Cornbread(37) Mashed Potato(22) Dinner Roll(15) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> | <p>16 517:696:70</p> <p>Chicken Penne w/ WG Breadstick(33) Baked Green Beans(3) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p> | <p>17 621:1035:78</p> <p>WG Pepperoni Pizza Slice(31) Baby Carrots w/ Ranch(9) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p> |
| <p>20 749:1524:104</p> <p>Oven Baked Chicken Nuggets w/ Goldfish Baked Beans(39) Mixed fruit(17) 1% White or FF Flavored Milk(19)</p> | <p>21 577:607:82</p> <p>Teriyaki Beef Dippers with WG Dinner Roll (31) Baked Green Beans(3) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> | <p>Thanksgiving Day</p> | | <p>24</p> <p style="text-align: center;">No School</p> |
| <p>27 679:1266:105</p> <p>Bag Lunch Turkey & Cheese Sandwich Baby Carrots Craisins Milk (87)</p> | <p>28 725:1615:87</p> <p>Chicken Soft Taco on Wheat Tortilla(18) Corn O'Brien(14) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> | <p>29 508:752:75</p> <p>Baked Mostaccioli(24) Romaine w/ Dressing(1) Dinner Roll(15) Diced Pears(14) 1% White or FF Flavored Milk(19)</p> | <p>30 743:747:74</p> | <p>700:1303:97</p> |



Thought for Thought

We make a living by what we get. We make a life by what we give. - Winston Churchill

Tips & Information

Eating pumpkins is good for you! It Contains 9 Important nutrients– Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

11/1/2017 2:32:02 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:638 AvgSod(mg):1152 AvgCarbs(g):87

"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

This institution is an equal opportunity provider.

