

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<ul style="list-style-type: none"> <li>• Autumn Spice Muffin</li> <li>• Chicken taco trio</li> <li>• Steak fajita bowl</li> <li>• Veggie chef's salad (vg)</li> <li>○ Lettuce &amp; tomatoes w/ranch</li> </ul>	<p><b>Parent Conferences</b></p> <p><b>No School for Students</b></p>
<ul style="list-style-type: none"> <li>• Yogurt and fruit</li> <li>• Chicken bites</li> <li>• Bean &amp; cheese quesadilla (vg)</li> <li>• Turkey and cheddar sandwich</li> <li>○ Seasoned green beans</li> </ul>	<ul style="list-style-type: none"> <li>• French toast sticks</li> <li>• Italian calzoni</li> <li>• Hot meatball sub</li> <li>• Hummus dippers (vg)</li> <li>○ Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Muffin</li> <li>• Cheesy pizza bites (vg)</li> <li>• Beef cheeseburger</li> <li>• Chicken salad sandwich (df)</li> <li>○ Lettuce &amp; tomatoes w/ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon raisin bagel</li> <li>• Cheese enchilada (vg)</li> <li>• Mac &amp; cheese and BBQ chicken</li> <li>• Taco dippers kit (vg)</li> <li>○ Pinto beans &amp; grape tomatoes</li> </ul>	<p><b>Parent Conferences</b></p> <p><b>No School for Students</b></p>
<ul style="list-style-type: none"> <li>• Corn Chex cereal</li> <li>• Grilled chicken w/BBQ beans</li> <li>• Hot dog</li> <li>• Cheese sandwich (vg)</li> <li>○ Steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt &amp; cinnamon graham</li> <li>• Cheese pizza (vg)</li> <li>• Pancake &amp; sausage</li> <li>• Southwest veggie wrap (vg)</li> <li>○ Edamame &amp; baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberry pancake bowl</li> <li>• Holiday roast turkey lunch</li> <li>• BBQ "beef" calzoni (vg)</li> <li>• Chicken caesar wrap</li> <li>○ Seasoned green beans</li> </ul>	<ul style="list-style-type: none"> <li>• French toast w/turkey sausage and egg</li> <li>• Mongolian beef</li> <li>• Beef cheeseburger</li> <li>• Veggie taco salad (vg)</li> <li>○ Lettuce &amp; tomatoes w/ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon Crumble</li> <li>• General Tso's chicken</li> <li>• Pancakes &amp; sausage</li> <li>• Sunbutter and jelly (vg)</li> <li>○ Sweet potatoes</li> </ul>
<ul style="list-style-type: none"> <li>• Cheerios and apple bar</li> <li>• Hamburger</li> <li>• Bean &amp; cheese quesadilla (vg)</li> <li>• Honey mustard chicken wrap</li> <li>○ Steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• Apple muffin</li> </ul> <p><b>Noon Dismissal</b></p> <p><b>No Lunch</b></p>	<p><b>Thanksgiving Break</b></p> <p><b>No School</b></p>	<p>HAPPY THANKSGIVING!</p> 	<p><b>Thanksgiving Break</b></p> <p><b>No School</b></p>
<ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Pancakes &amp; omelet (vg)</li> <li>• Buffalo chicken pizza</li> <li>• mighty meaty deli sandwich</li> <li>○ Steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• Pancakes &amp; syrup</li> <li>• Cheese pizza (vg)</li> <li>• Sunbutter &amp; jelly (vg)</li> <li>• Turkey &amp; cheddar sandwich</li> <li>○ Seasoned green beans</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberry bar</li> <li>• Pasta with zesty beef</li> <li>• Chicken bites</li> <li>• Sunbutter &amp; jelly (vg)</li> <li>○ Garbanzo beans &amp; carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Autumn spice muffin</li> <li>• Hot dog</li> <li>• Chicken and chile tamale</li> <li>• Southwest veggie wrap (vg)</li> <li>○ Lettuce &amp; tomatoes w/ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry bagel</li> <li>• Roasted chicken sandwich</li> <li>• Cheese pizza (vg)</li> <li>• Sesame chicken wrap</li> <li>○ Sweet potatoes</li> </ul>

DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day