


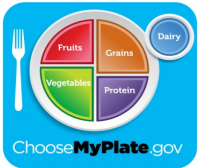


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B L S				1 Green Chile Egg & Cheese Taco (100) Chicken Tamal with Black Beans (1c) (170) Greek Chicken Salad with a Wheat Dinner Roll (10)	2 Coffee Cake & String Cheese (170) Chicken Fettuccine (1c) Alfredo with Steamed Broccoli & Carrots (1c) (150) Santa Fe Chicken Salad with a Wheat Dinner Roll (20)
5 B L S	Chocolate Crescent 160 Breaded Chicken Patty Sandwich with Sweet Potato (1c) 180 Caesar Chicken Salad with a Wheat Dinner Roll 15	6 Pancakes (2) with Syrup 100 Beef, Bean & Cheese Burrito with Whole Kernel Corn (1c) 170 Chef Turkey & Ham Salad with a Wheat Dinner Roll 15	7 Reduced Sugar Cinnamon Toast Crunch & WG Crackers 180 Pepperoni Pizza with Green Salad (2c) 250 Chinese Chicken Salad with a Wheat Dinner Roll 15	8 Maple Pancake Corn Dog 140 Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Pinto Beans (1c) 180 Greek Chicken Salad with a Wheat Dinner Roll 15	9 Mexican Concha 180 Pesto Chicken Penne Pasta (1c) with Green Salad (2c) 180 Santa Fe Chicken Salad with a Wheat Dinner Roll (20) 15
12 B L S	 12	13 Waffles (2) with Syrup 140 PepperJack Cheeseburger with Sweet Potato (1c) 160 Chef Turkey & Ham Salad with a Wheat Dinner Roll 15	14 Lucky Charms & WG Crackers 200 Red Chicken & Cheese Enchiladas with Pinto Beans (3/4c) 170 Chinese Chicken Salad with a Wheat Dinner Roll 15	15 Beef, Cheese & Chili Flaquito 170 Turkey Breast with Mashed Potatoes (1c), Gravy & Corn Bread (2oz) 160 Greek Chicken Salad with a Wheat Dinner Roll 15	16 Mini Cinnamon Rolls 160 Chicken Tamal with Green Salad (2c) 200 Santa Fe Chicken Salad with a Wheat Dinner Roll (20) 15
19 B L S	NO SCHOOL	NO SCHOOL	NO SCHOOL	22 	23 <i>Thanksgiving Blessings</i> 
26 B L S	Zucchini Loaf 140 Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Black Beans (1c) 200 Caesar Chicken Salad with a Wheat Dinner Roll 15	27 Cinnamon French Toast w/Syrup 140 Spaghetti (1c) & Meatballs with Green Salad (1 1/2c) 170 Chef Turkey & Ham Salad with a Wheat Dinner Roll 15	28 Multi Grain Cheerios & WG Crackers 200 Chicken & Waffles with Mashed Potatoes (1c) 200 Chinese Chicken Salad with a Wheat Dinner Roll 15	29 Green Chile Egg & Cheese Burrito 160 Chili Dog with Carrot Sticks (1c) & Ranch 180 Greek Chicken Salad with a Wheat Dinner Roll 15	30 Coffee Cake & String Cheese 170 Chicken Fettuccine (1c) Alfredo with Green Salad (2c) 180 Santa Fe Chicken Salad with a Wheat Dinner Roll (20) 15

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



School Notes: PRE-PACKED/ Lunch Starts At 11am on Tuesdays// No Pancakes On Menu// Send disposable 5 compartment trays every day// Split Counts (A & B)

“Eat Right, Be Bright!”

