

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B L V				1 Green Chile Egg & Cheese Taco (450) Southwestern Chicken Bowl with Spanish Brown Rice (1c), Black Beans (1/2c) & Whole Kernel Corn (1/4c) (525) Cheese Tamal with Black Beans (1c) (10)	2 Bagel with Cream Cheese (450) Chicken Fettuccine (1c) Alfredo with Steamed Broccoli & Carrots (1c) (500) Mongolian Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (10)
5 B VB L V	Chocolate Crescent (450) Breaded Chicken Patty with Sweet Potato (1c) (500) Garden Burger with Sweet Potato (1c) (10)	6 Pancakes (2) with Syrup (400) Beef, Bean & Cheese Burrito with Whole Kernel Corn (1c) (450) Bean & Cheese Burrito with Whole Kernel Corn (1c) (10)	7 Reduced Sugar Cinnamon Toast Crunch & WG Crackers (500) <i>Family Style</i> Honey BBQ Chicken Wings (4) (Sauce on the side) with Dinner Roll & Green Salad (2c) (525) Fresh Veggie, Bean & Cheese Wheat Tortilla Wrap with Green Salad (1c) (10)	8 Maple Pancake Corn Dog (400) Egg & Cheese English Muffin (10) <i>Family Style</i> Chicken Taquitos (2) with Pinto Beans (1c) (500) Shredded Cheese (2oz) Nachos (2oz) with Pinto Beans (1c) (10)	9 Mexican Concha (550) Pesto Chicken Penne Pasta (1c) with Green Salad (2c) (450) Orange Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (10)
B L V	12 	13 Waffles (2) with Syrup (400) <i>Family Style</i> PepperJack Cheeseburger with Sweet Potato (1c) (540) Macaroni & Cheese with Carrot Sticks (1c) & Ranch (10)	14 Lucky Charms & WG Crackers (550) Beef & Bean Chili with WG Saltines (6pkts) & Green Salad (1c) (450) Bean Chili with Shredded Cheese (2oz), WG Saltines (6pkts) & Green Salad (1c) (10)	15 Beef, Cheese & Chili Flaquito (400) Cheese & Chili Flaquito (10) <i>Family Style</i> Turkey Breast with Mashed Potatoes (1c), Gravy & Corn Bread (2oz) (550) Bean & Cheese Quesadilla with Whole Kernel Corn (1c) (10)	16 Mini Cinnamon Rolls (450) Chicken Tamal with Green Salad (2c) (500) Cheese Tamal with Green Salad (2c) (10)
B L V	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 	23 <i>Thanksgiving Blessings</i> 
B L V	26 Blueberry Muffin & WG Crackers Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Black Beans (1c) (450) Shredded Cheese (2oz) Nachos (2oz) with Black Beans (1c) (10)	27 Cinnamon French Toast w/Syrup (400) Spaghetti (1c) & Meatballs with Green Salad (1 1/2c) (450) Spaghetti (1c) & Marinara Sauce (1/2c) with Shredded Cheese (2oz) & Green Salad (1c) (10)	28 Multi Grain Cheerios & WG Crackers (500) Chicken & Waffles with Mashed Potatoes (1c) (450) Garden Burger with Mashed Potatoes (1c) (10)	29 Green Chile Egg & Cheese Burrito (410) <i>Family Style</i> Chili Dog with Carrot Sticks (1c) & Ranch (525) Bean & Cheese Torta with Carrot Sticks (3/4c) & Ranch (10)	30 Bagel with Cream Cheese (475) Chicken Teriyaki with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (450) Teriyaki Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (10)

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: PREPACKED & FAMILY STYLE (DEPENDING ON MEAL)// Juice Every Friday, Cut Fruit on Tuesday and Thursday, send 10 vegetarians for breakfast when needed// Replace Coffee Cake with Bagel & String Cheese

“Eat Right, Be Bright!”

