



Monday	Tuesday	Wednesday	Thursday	Friday
			Half Turkey Sandwich on Wheat Bread Mixed Vegetable (Corn, Green Beans, Peas, Carrots) Fresh Apple slices 1% White Milk	
			1	2
Chicken Pot Pie w/ Diced Chicken & Mixed Vegetable WG Biscuit Sliced Strawberries 1% White Milk	WW Spaghetti with Ground Turkey California Blend Vegetable (Carrots, Broccoli, Cauliflower) Pineapple Tidbits 1% White Milk	Chicken Drumstick Julienne Stir-Fry Vegetable Blend Brown Rice Diced Peaches 1% White Milk	Chicken & Cheese Wrap Diced Carrots Whole Wheat Tortilla Fruit Cocktail 1% White Milk	
5	6	7	8	9
Vegetarian Baked Bean with Ground Turkey Celery Sticks w/ Ranch Whole Wheat Bread Mandarin Oranges 1% White Milk	Beef Meatballs & Gravy Zucchini & Yellow Squash Wheat Egg Noodles Diced Melon 1% White Milk	Grilled Chicken Salad with Chicken Breast Strips Chopped Romaine Salad with Tomato Breadsticks Tropical Fruit 1% White Milk	Beef Stew with Stew Vegetables Mixed Vegetable (Corn, Green Beans, Peas, Carrots) WG Corn Bread Fresh Orange Smiles 1% White Milk	
12	13	14	15	16
Deli Chicken Salad Baby Carrots w/ Ranch Whole Wheat Pita Bread Mandarin Oranges 1% White Milk	Chicken Stew Whole Wheat Oyster Crackers Fresh Orange Smiles 1% White Milk	No School	Thanksgiving Day	No School
19	20	21	22	23
Deli Turkey Wrap with WW Tortilla Seasoned Steamed Broccoli Whole Wheat Tortilla Diced Peaches 1% White Milk	BBQ Chicken Drumstick Seasoned Collard Greens WG Corn Bread Fresh Apple slices 1% White Milk	Cheesy Chicken Breast California Blend Vegetable (Carrots, Broccoli, Cauliflower) Wheat Bread Slice Fresh Orange Smiles 1% White Milk	Turkey Burger on WW Bun Lettuce and Tomato Diced Potatoes Diced Pears 1% White Milk	
26	27	28	29	30
				No Program



Thought for Thought

Wrinkles should merely indicate where smiles have been. - Mark Twain

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!

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"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.

