

NOVEMBER MENU 2009

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 Chicken Nuggets French Fries, Mixed Vegetable Or Carrots, Fresh Fruit, Pears Wheat Bread, Jelly	3 Hamburg Or Cheeseburger In A Bun, Potato Rounds Peas, Fresh Fruit, Mixed Fruit, Salsa	4 Goulash Or Spanish Rice Corn, Green Beans, Fresh Fruit, Peaches, Ice Juice Wheat Bread, Jelly	5 Pizza W/Cheese Or Pepperoni Pizza, Broccoli, Pears Cranberry Sauce, Fruit Bar	6 Baked Fish Patty In A Bun Or Tuna Fish Sandwich Potato Rounds, Coleslaw Fresh Fruit, Applesauce
9 Deli Works, Turkey, Ham Or Bologna Sub, Lettuce Cheese, Salsa, Homemade Tomato Vegetable Soup Fresh Fruit, Peaches	10 Ham Or Chicken Patty In A Bun, Seasoned Noodles Green Beans, Cranberry Sauce, Fresh Fruit, Pears	11 VETERANS' DAY	12 <u>Hot Dog or Turkey Sub w/ Lettuce, Salsa, Lite Cheese Vegetarian Beans, Corn Apple, Mixed Fruit Ice Juice</u>	13 <u>Grilled Cheese Sandwich Tomato Soup w/ Croutons Fresh Fruit, Peaches</u> , Celery Glazed Brownie
16 BLT Or Ham Salad Sandwich Homemade Macaroni Soup Apple Slaw, Celery Sticks Fresh Fruit, Applesauce Fruit Bar	17 Tacos, Hard Or Soft Shell Seasoned Meat, Lettuce Cheese, Salsa, Corn, Peas Apple, Pineapple, Whole Wheat Sugar Cookie	18 Thanksgiving Dinner Turkey Or Ham, Gravy Mashed Potatoes, Dressing Corn, Cranberry Sauce Ice Cream, Chocolate Chip Cookie, Applesauce, Roll	19 <u>Hot Meatball Sub or Turkey Sub w/ Lettuce, Salsa, Cheese Homemade Vegetable Soup Apple, Oatmeal Cookie</u>	20 <u>Macaroni and Cheese Carrots, Peas, Fresh Fruit Peaches, Cranberry Sauce Homemade Rolls</u>
23 <u>BBO Pork Rib or Hamburger in a Bun, French Fries Coleslaw, Green Beans, Fresh Fruit, Pears, Cranberry Sauce</u>	24 <u>Tacos w/ Meat Sauce (Hard or Soft Shell) w/ Lettuce, Salsa, Lite Cheese, Corn Fresh Fruit, Applesauce, Jello</u>	25 THANKSGIVING HOLIDAY	26 THANKSGIVING HOLIDAY	27 THANKSGIVING DAY
30 Pizza W/Cheese Or Veggie Pizza, Corn, Carrots, Fresh Fruit, Mixed Fruit, Oatmeal Raisin Cookie				

Milk is included with every meal. A bag lunch is available for grades K-6 every day in place of the hot meal. It consists of peanut butter and jelly or meat sandwich, juice, fruit and milk (skim, 1%, 2%, 1% chocolate). Grades 5-12 have the option of a soup and sandwich bar in place of the hot lunch.

BREAKFAST MENU

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Assorted Cold Cereal Whole Wheat Toast w/ Jelly Fresh Apple Apple Juice, Milk</u>	<u>Assorted Cold Cereal French Toast Sticks w/ Syrup Fresh Apple Apple Juice, Milk</u>	<u>Assorted Cold Cereal Whole Wheat Toast w/ Jelly Fresh Apple Apple Juice, Milk</u>	<u>Assorted Cold Cereal Pancakes w/ Syrup Fresh Apple Apple Juice, Milk</u>	<u>Assorted Cold Cereal Whole Wheat Toast w/ Jelly Fresh Apple Apple Juice, Milk</u>