



3RD: DISMISSAL 2 PM
 5TH: HARVEST SUPPER 4-7 PM
 11TH: VETERNS DAY CEREMONY
 11TH: HOMECOMING
 11/28-12/6: BOOK FAIR



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

Wednesday

Thursday

Friday

CHICKEN AND NOODLES **7**
 MIXED VEGETABLES
 HAND TOSSED SALAD
 FRUIT
 CRACKERS
 MILK
 RANCH

BREADED BEEF FINGERS **8**
 MASHED POTATOES AND
 GRAVY
 CARROT COINS
 FRUIT
 ROLL
 MILK

HAMBURGER **9**
 OVEN FRIES
 LETTUCE/TOMATO/PICKLE
 FRUIT
 MARSHMALLOW TREAT MILK
 MAYO/MUSTARD/KETCHUP

CHILI **10**
 RAW VEGETABLES WITH
 RANCH
 CRACKERS
 FRUIT
 CAKE
 MILK

HOT DOG **11**
 PORK-N-BEANS
 BAKED CHIPS
 FRUIT
 MILK
 MAY/MUSTARD/KETCHUP/
 RELISH

PIZZA **14**
 CALIFORNIA BLEND VEGGIES
 TOSSED SALAD
 FRUIT
 MILK
 RANCH

SPAGHETTI **15**
 TOSSED SALAD
 FRUIT
 BREADSTICK
 MILK
 ITALIAN DRESSING

OVEN FRIED CHICKEN **16**
 MASHED POTATOES AND
 GRAVY
 VEGETABLES FRUIT
 MILK

SLOPPY JOE **17**
 BAKED BEANS
 BAKED CHIPS
 FRUIT
 MILK

THANKSGIVING DINNER **18**
 WITH ALL THE TRIMMINGS.
 EVERYONE WELCOME.

CORN DOG **21**
 PORK-N-BEANS
 BAKED CHIPS
 FRUIT
 MILK
 MAYO/MUSTARD/KETCHUP

HAM AND CHEESE SAND **22**
 BAKED CHIPS
 LETTUCE/TOMATO
 FRUIT
 MILK
 MAYO/MUSTARD/KETCHUP

**THANKSGIVING
 BREAK** **23**

**THANKSGIVING
 BREAK** **24**

**THANKSGIVING
 BREAK** **25**

CHICKEN FAJITAS **28**
 PINTO BEANS
 LETTUCE/TOMATO/SALSA
 FRUIT
 CAKE
 MILK
 SOUR CREAM

CHEESEBURGER **29**
 OVEN FRIES
 LETTUCE/TOMATO/PICKLE
 FRUIT
 GRAHAM CRACKER
 MILK
 MAYO/MUSTARD/KETCHUP

VEGETABLE BEEF SOUP **30**
 CHEESE
 GARDEN SALAD
 FRUIT
 CRACKERS
 MILK
 ITALIAN DRESSING

