

Monday

Tuesday

Wednesday

Thursday

Friday

3
 Three Sister's Soup
 Corn bread
 String cheese
 Fresh green salad
 Fruit
 Skim or 1% milk

4

5
 Lentil Sloppy Joes
 On a whole grain bun
 Coleslaw
 Fruit
 Skim or 1% milk

5

6
 Garlic tofu
 Brown rice
 Asian cabbage Salad
 Fruit
 Skim or 1% milk

6

7
 Curried Vegetable Soup
 Dinner roll
 Fresh green salad
 Fruit
 Skim or 1% milk

7

1
 Pizza!
 Cottage cheese
 Fresh green salad
 Fruit
 Skim or 1% milk

1

8
 Haystacks
 W/all the fixings
 Veggie Medley
 Fruit
 Skim or 1% milk

8

11
 No School
 Veteran's Day

11

12
 Pumpkin pancakes
 Scrambled eggs
 Green monster pops
 Fruit
 Skim or 1% milk

12

13
 Potato & Cauliflower soup
 Corn bread
 String Cheese
 Fresh green salad
 Fruit
 Skim or 1% milk

13

14
 Bean & Cheese Burritos
 Spanish rice
 Fresh green salad
 Fruit
 Skim or 1% milk

14

15
 Sweet potato & black bean stew
 Cottage Cheese
 Dinner roll
 Fresh green salad
 Fruit
 Skim or 1% milk

15

18
 Tomato soup
 Grilled Cheese Sandwiches
 Fresh green salad
 Fruit
 Skim or 1% milk

18

19
 Vegetable curry
 Brown Rice
 Fresh green salad
 Mango Lassie
 Skim or 1% milk

19

20
 Spaghetti
 Cottage cheese
 Cesar Salad
 Fruit
 Skim or 1% milk

20

21
 Yumm Bowls
 Fresh green salad
 Fruit
 Skim or 1% milk

21

22
 Thanksgiving Feast!
 Butternut squash and wild rice soup
 Garlic mashed potatoes w/gravy
 Fresh green salad
 Dinner roll
 Waldorf Fruit Salad
 Skim or 1% milk

22

25
 No school

25

26
 No School

26

27
 No school

27

28
 No school
 Happy Thanksgiving!!!
 Enjoy time with friends and family!

28

29
 No school

29

