



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Chicken Penne w/ WG Dinner Roll</b> Savory Carrots Coins Diced Pears 1% White or FF Flavored Milk	<b>WG Pepperoni Pizza Slice</b> Fresh Broccoli & Ranch Dressing Fresh Orange 1% White or FF Flavored Milk
<b>Grilled Chicken Breast on WW Bun</b> Baked Beans Diced Peaches 1% White or FF Flavored Milk	<b>Salisbury Steak w/ WG Dinner Roll</b> Baked Green Beans Mixed fruit 1% White or FF Flavored Milk	<b>Turkey Chorizo Street Taco w/ WG Mini Flatbread</b> Corn Obrien Fresh Banana 1% White or FF Flavored Milk	<b>Baked Mostaccioli w/ WW Dinner Roll</b> Romaine w/ Dressing Diced Pears 1% White or FF Flavored Milk	<b>WG Pepperoni Pizza Slice</b> Baby Carrots w/ Ranch Fresh Apple 1% White or FF Flavored Milk
5	6	7	8	9
<b>BBQ Beef Rib Patty on WW Bun</b> Potato Wedges Mixed fruit 1% White or FF Flavored Milk	<b>"New" Texas Style Chicken Drumstick w/ WW Dinner Roll</b> Baked Beans Fresh Orange 1% White or FF Flavored Milk	<b>Beef &amp; Cheese Nachos w/ WG Corn Chips</b> Mexican Salsa Fresh Banana 1% White or FF Flavored Milk	Half Day - No Lunch	Half Day - No Lunch
12	13	14	15	16
<b>Italian Meatball Sub on WG Bun</b> Baked Green Beans Diced Pears 1% White or FF Flavored Milk	<b>Popcorn Chicken w/ WG Goldfish Crackers</b> Baked Beans Fresh Apple 1% White or FF Flavored Milk	No School	<b>Thanksgiving Day</b>	No School
19	20	21	22	23
<b>Cheeseburger Meatloaf on WW Bun</b> Diced Roasted Sweet Potatoes Fresh Apple 1% White or FF Flavored Milk	<b>Chicken in Gravy w/ WW Dinner Roll</b> Mashed Potato Mixed fruit 1% White or FF Flavored Milk	<b>Walking Taco w/ WG Corn Chips</b> Mexican Pinto Beans Fresh Banana 1% White or FF Flavored Milk	<b>Macaroni &amp; Cheese with WG Dinner Roll</b> Baked Green Beans Diced Peaches 1% White or FF Flavored Milk	Half Day - No Lunch
26	27	28	29	30



### Thought for Thought

If a man does not keep pace with his companions perhaps it is because he hears a different drummer. Let him step to the music he hears however measured and far away. - Henry David Thoreau

### 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.

