


**NOVEMBER 2018 – 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	Oct 29 Gumbo Apples ½ c Frozen Fruit Cup ½ c Carrots, steamed, ½ c Cole Slaw ½ c Roll Cake, white / choc	Oct 30 Chicken Tender Peaches ½ c Grapes, red or green ½ c Green Peas ½ c Macaroni, raw ½ c Macaroni n cheese 1 c Roll	31 <i>Halloween</i> Chicken, Baked Pears ½ c, Banana ½ c Potato Salad ½ c Baked Beans 2/3 c = ½ c Roll	November 1 Chinese Chicken General Tso's And / Or Mandarin Orange Pineapple Tidbits, ½ c Oranges ½ c Salad, 1 c = ½ c Carrot, Steamed ½ c Rice ½ c Roll	2 Shepherd's Pie Mixed Fruit ½ c Cantaloupe or Honeydew ½ Carrot, raw ½ c Mashed Potato ¼ c w/ gravy Roll
	Pizza, Mikes ) (Pepp. / Cheese / Mexican) Marinara Sauce ½ c, Fruit Salad 1 c = ½ c Carrot, raw ¼ c Cake, white / choc	Chicken Tender Fruit Green Peas ½ c Broccoli, raw ½ c Macaroni n cheese 1 c Roll	Hamburger/Cheeseburger Fruit Fries ¾ c Lettuce ½ c = ¼ c, Tomato, slices ¼ c Baked Beans 2/3 c = ½ c	Meatball Sub Marinara Sauce ¼ c Fruit Fries ¾ c Carrot, raw ½ c Marinara Sauce ¼ c	BBQ Sandwich (Smoked Pulled Pork) Fruit Fries ¾ c Carrot, raw ¼ c
	Smoothie w/ Cheese Stick Or Parfait Fruit Salad 1 c = ½ c Carrot, raw ½ Breadstick and Crackers Or Crackers and Granola (parfait)	NONE	Grab & Go Chef Salad Grab & Go Yogurt Fruit Broccoli, raw ½ c	Grab & Go Chicken/Tuna Salad Sandwich Fruit Baked Beans 2/3c Carrot, raw ½ c	Grab & Go Wraps Fruit Potato Salad ½ c Carrot, raw ½ c Bun
Week 1	5 Beef Tacos 2 m Sh. Cheese ½ oz m Pears, cn ½ c Fz. Fruit Cup ½ c Lettuce ½ c = ¼ c Salsa ¼ c, Tomatoes ¼ c Refried Beans 2/3 c Tortillas and Shells Cinn. Sticks, Sour Cream	November 6 <sup>th</sup>  Election Day 	7 Chicken Tender Peaches ½ c, Mixed Fruit ½ c Broccoli, raw, ½ c Mashed Potatoes ¾ c Roll	8 <i>Thanksgiving Lunch</i> Turkey Roast w/ Gravy Strawberries ½ c Fruit Salad ½ c Green Peas ½ c Sweet Potato Casserole ½ c Cornbread Dressing ½ c Roll Cranberry Sauce	9 Chicken Sauce Piquant Applesauce ½ c, Kiwi ½ c Carrots, steamed, ½ c Potato Salad ½ c Rice ½ c Texas Toast Oatmeal Cookie
	Mozzarella Cheesesticks Fruit Marinara Sauce Refried Beans 2/3 c Breeding Cinnamon Sticks		Chicken Tender Fruit Broccoli, raw, ½ c Mashed Potatoes ¾ c Roll	Fish on Bun Fruit Fries ¾ c Carrot raw ½ c Tartar Sauce (Fish) Buns	Hamburger / Cheeseburger Fruit Fries ¾ c Lettuce ½ c = ¼ c Carrot raw ¼ c Bun Oatmeal Cookie
	Smoothie, Strawberry Parfaits, Fruit Fruit (1) Carrots, raw ½ c Broccoli, raw ½ c Breadsticks/Granola/Graham		CLOSED	CLOSED	Grab & Go Wraps Fruit Potato Salad ½ c / Chips Refried Beans 2/3 c Veggie Juice
Week 2	12 Spaghetti,w/meatsauce Oranges, ½ c, Pears, ½ c Green Beans ½ c Salad 1 c = ½ c Garlic Breadstick Rice Crispy Treat	13 Chicken Tender Fruit Mix ½ c, Apples ½ c Broccoli, Steamed ½ c Salad 1 c = ½ c Macaroni n Cheese 2/3 c Toast	14 Shepherd's Pie Applesauce ½ c Cantaloupe Or Honeydew ½ Carrot raw, ½ c Roll	15 Fish, Fried and Baked Peaches ½ c, Banana ½ c Salad 1 c = ½ c Baked Potato ½ c Baked Beans 2/3 = ½ c Roll	16 Chicken Wrap Grapes, red, O Juice ½ c Fruit Crisp ¼ c Lettuce ½ c = ¼ c Salsa ¼ c, Tomatoes, diced ¼ c Corn ½ c Tortillas, 1 oz Cinnamon Breadstick 1 oz
	Chicken Sandwich Fruit Fries ¾ c Lettuce, ½ c = ¼ c Bun Rice Crispie Treat	Chicken Tender Fruit Salad 1 c = ½ c Broccoli Steamed ½ c Macaroni n Cheese, 2/3 c Toast	Hot Dog w/ Chili Fruit Potato Rounds ¾ c Carrot, raw ½ c Bun or Wrap (2 b/g)	Hamburger / Cheeseburger Fruit Fries ¾ c Tomato, slices ¼ c Lettuce ½ c = ¼ c Baked Beans 2/3c = ½ c	Pizza (Gilardi) Or BBQ Chicken Flatbread Pizza Fruit Corn ½ c Salad 1 c = ½ c Marinara Sauce ½ c
	Smoothie, Strawberry Parfait, Fruit Fruit (1) Carrots, raw ½ c Broccoli, raw ½ c	CLOSED	Grab & Go Chef Salad Grab & Go Yogurt Fruit Carrots raw ½ c	Grab & Go Chicken Salad sandwich Fruit Lettuce ½ c = ¼ c Carrot raw ¼ Baked Beans 2/3c = ½ c	Grab & Go Wraps Fruit (Apples whole, 1 c) Veg Juice ½ c Potato Salad ½ c Chips
<i>Happy Thanksgiving</i>					
Week 3	26 Breezy Beefy Mac 2 M Apples ½ c, Tropical Fruit ½ c. Carrot, Raw ½ c Green Beans ½ c Pasta 1 G Garlic Breadstick 1 G Oatmeal Cookie	27 Chicken Tender Peaches ½ c Southern Baked Apple ½ c Broccoli, florets ½ c Mashed Potato ¾ c Roll 2 G	28 Beef Tacos, Sh. Cheese ½ Pears ½ c Fz. Fruit Cup ½ c (Hershey's) Lettuce ½ c = ¼ c, Sour Cream Salsa ¼c, Tomato, diced ¼c Corn ½ c, Tortilla and Shells Cinnamon Breadstick	29 Pork Roast Fruit Mix ½ c Grapes ½ c Salad 1 c = ½ c Red Beans 3/4 c Rice w/ gravy Roll / Choc. Chip Cookie	30 Chinese Chicken, General Tso's And / Or Mandarin Orange Pineapple Tidbits ½ c, Oranges ½ c Salad 1 c = ½ c Carrots, raw ¼ c Green Peas, ½ c Rice ½ c Roll
	Chicken Sandwich Fruit Fries ¾ c Lettuce, ½ c = ¼ c Carrot, raw ½ c Bun	Chicken Tender Fruit Broccoli, florets ½ c Mashed Potato ¾ c. Roll	Breadsticks w/ mozzarella Fruit Salad 1 c = ½ c Marinara Sauce Breeding Cinnamon Sticks	Chicken Sandwich Fruit Fries ¾ c Lettuce ½ c = ¼ c Red Beans 3/4 c Choc. Chip Cookie	Hamburger/Cheeseburger Fruit Fries ¾ c Lettuce ½ c = ¼ c, Tomato, sl ices ¼ c Carrots ¼ c
	Smoothie w/ Cheese Stick Or Parfait Fruit / Carrot, raw ½ c Broccoli raw ½ c Breadstick and Crackers Or Crackers & Granola (parfait)	CLOSED	Grab & Go Chef Salad Grab & Go Yogurt Fruit Carrot, raw ½ c Broccoli, raw ½ cc	Grab & Go Chicken Salad Sandwich Fruit Lettuce ½ c = ¼ c Broccoli, raw ¼ Red Beans 3/4 c	Grab & Go Wraps Fruit Lettuce ½ c = ¼ c Broccoli, raw ¼ c Carrot, raw ½ c Potato Salad ½ c

