



All students are now entitled to one free breakfast and one free lunch daily.

A meal MUST be complete to be FREE

- All grain products are whole grain rich
- There are no pork products on this menu
- Meals are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk
Skim Milk

PLEASE NOTE

- If you have food allergy please speak to your school nurse
- Menu is subject to change

Adult—\$2.95

Food Provided by:
Whitson's Culinary Group



MON	TUE	WED	THU	FRI
3 Chicken Tenders w/Ketchup Roasted Potatoes Fresh Orange <u>Vegetarian Meal</u> Alfredo Pasta WW Bread Slice Peas Fresh Orange	4 SCHOOL CLOSED	5 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Apple <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Apple	6 Lasagna Roll Up w/ Green Beans Fresh Banana	7 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
10 Butter Chicken Rice and Peas Fresh Orange <u>Vegetarian Meal</u> Veggie Patty on a Bun Roasted Potatoes Fresh Orange	11 VETERANS DAY SCHOOL CLOSED	12 Chicken Nuggets Baked Beans Fresh Apple <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Apple	13 Beef Enchilada Garden Salad Ranch Dressing Fresh Banana <u>Vegetarian Meal</u> Cobb Salad w /Ranch Dressing Corn Muffin Fresh Banana	14 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Raisins
17 Turkey Hot Dog w/ Ketchup Baked Bean Salad Fresh Orange <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Orange	18 Macaroni & Cheese Broccoli Fresh Pear	19 French Toast Sticks w/ Scrambled Eggs, Syrup Roasted Sweet Potatoes Fresh Apple	20 Turkey w/Gravy Dinner Roll Mashed Potatoes Fresh Banana <u>Vegetarian Meal</u> Veggie Burrito Street Corn Fresh Banana	21 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Applesauce
24 Salisbury Steak w/ Gravy Roasted Potatoes, WW Bun Fresh Orange <u>Vegetarian Meal</u> Cheese Quesadilla Street Corn Fresh Orange	25 Chicken Breaded Patty w/ BBQ Sauce Baked Bean Salad Fresh Pear <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Pear	26 Galaxy Cheese Pizza Baby Carrots Ranch Dressing Applesauce	27 THANKSGIVING RECESS SCHOOL CLOSED	28 THANKSGIVING RECESS SCHOOL CLOSED