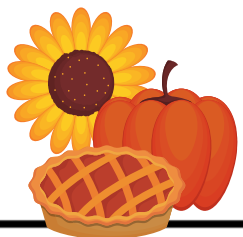


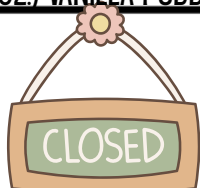
November

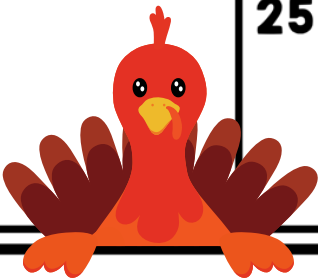
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HOLIDAY SHOW TICKETS ON SALE \$25  	4  HOLIDAY PICTURES	5 VPK ART LESSONS 	6	7  PUP of the Month
10	11  HAPPY VETERANS DAY	12  VPK YOGA- REGULAR UNIFORM DAY	13	14  PUP of the Month
17 MYSTERY READER  EXTRA TICKETS ON SALE	18	19 	20 PRE-TECH THANKSGIVING FEAST-STUDENTS MAY WEAR FALL ATTIRE	21 NO ASC EARLY RELEASE AT 1:00! EXTRA TICKETS SALE ENDS
24	25	26	27  Happy THANKSGIVING	28 

PRE-TECH CLOSED



November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 (30Z) PORK FRICASSÉ (CERDO ASADO EN CAZUELA) (½ CUP) WHITE RICE (½ CUP) BLACK BEANS (½ CUP) SWEET POTATO FRIES (3 OZ.) APPLE SAUCE	4 (30Z.) GROUND BEEF (1/2 CUP) ARROZ MORO (RICE AND BEANS) (1/2 CUP) YUCA (3 OZ.) VANILLA PUDDING	5 (½ CUP) FISH (1/2 CUP) MASHED POTATOES (½ CUP) MIXED VEGGIES (3 OZ.) FRUIT SALAD	6 ½ CUP) PASTA (SPAGHETTI)/ BEEF (½ CUP) MIXED VEGGIES GARLIC BREAD (3 OZ.) FRUIT SALAD	7 (30Z) POLLO TERIYAKI CHICKEN IN TERIYAKI SAUCE. (½ CUP) YELLOW RICE WITH VEGETABLES (½ CUP) SWEET PLANTAINS (3 OZ) ARROZ CON LECHE
10 (3 OZ.) BEEF STEW (½ CUP) MASHED POTATOES (½ CUP) MIXED VEGETABLES (3 OZ.) VANILLA PUDDING	11  HAPPY VETERANS DAY	12 (30Z) PICADILLO/GROUND BEEF (½ CUP) WHITE RICE (½ CUP) SPLIT PEA (CHICHARO) SOUP (½ CUP) BAKED POTATO (3 OZ.) CHOCOLATE PUDDING	13 (30Z) PORK FRICASSEE (4 OZ.) LENTIL SOUP (½ CUP) SWEET PLANTAINS (FRICASSEE DE CERDO) (½ CUP) WHITE RICE (3 OZ) ARROZ CON LECHE	14 (30Z.) CHICKEN FRICASSEE (½ CUP) WHITE RICE (½ CUP) SWEET PLANTAIN ½ CUP GREEN BEANS (3 OZ) ARROZ CON LECHE
17 (30Z.) CHICKEN CORDON BLUE (4OZ.) GUISO DE MAIZ CRIOLLO (CORN AND VEGGIES SOUP) (1/2 CUP) YELLOW RICE WITH VEGGIES (3 OZ.) VANILLA PUDDING	18 (30Z.) PICADILLO (½ CUP) WHITE RICE (½ CUP) RED BEANS (½ CUP) SWEET POTATO FRIES (3 OZ.) APPLE SAUCE	19 (30Z) PORK CASSEROLE (CERDO ASADO EN CAZUELA) (½ CUP) WHITE RICE (½ CUP) BLACK BEANS (½ CUP) YUCA (3 OZ.) CHOCOLATE PUDDING	20 PRE-TECH THANKSGIVING	21 (30Z.) SHREDDED BBQ CHICKEN (½ CUP) YELLOW RICE WITH VEGETABLES (½ CUP) BAKED POTATO (3 OZ) ARROZ CON LECHE
24	25	26 Happy	27	28



THANKSGIVING

