

November 1 - November 29

# What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>PIZZA DAY</b> French Bread Pizza-5 oz. Sliced Cucumbers W/Dip-3/4c Fresh Pear-1 Milk-8 oz
4 BBQ Chicken Fillet on a Whole Wheat Bun-1 Tater Tots 3/4c Fresh Apple-1 Milk-8 oz.	5 Beef Tacos W/ Shredded Lettuce & Cheese-2 Spanish Rice-3/4c W/G Hard Taco Shell -2 Craisin-1 Milk-8 oz.	6 Turkey Meatball Parmigiana on a Whole Grain Sub Roll-1 Fresh Green Beans-3/4c Fresh Banana-1 Milk-8 oz.	10 Macaroni & Cheese-1c Tomato Cup W/Dip-3/4c Whole Wheat Dinner Roll-1 Pudding Cup-1/2 c Milk-8oz	8 <b>PIZZA DAY</b> 3x5 Whole Grain Cheese Pizza-2 Romaine Salad W/Dressing 1 1/2c Applesauce Cup-1/2c Milk-8 oz.
11 All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4c Fresh Orange-1 Milk-8 oz.	12 Chicken Tacos/Shredded Lettuce & Cheese Rice-3/4 c W/G 6" Flour Tortilla-2 Fresh Banana-1 Milk-8 oz.	13 Swedish Meatballs-4 Bean Salad 3/4c Whole Wheat Roll-1 Fresh Pear-1 Milk-8 oz.	14 Baked Cheese Manicotti with Beef Meat Sauce-2 Fresh Baby Carrots w/ Dip-3/4 c. Whole Wheat Dinner Roll Granola Bar-1 Milk-8oz	15 <b>PIZZA DAY</b> Pizza Bagel-5 oz. Celery Stick W/Dip-3/4c Fresh Apple-1 Milk-8 oz.
18 W/G Popcorn Chicken-3.8 oz. Corn-3/4 c. Whole Wheat Dinner Roll-1 Strawberry Applesauce-1/2c Milk-8 oz.	19 Beef Nachos with Cheddar Cheese Sauce(7 oz.) and Yellow Corn Tortilla Scoops(1 oz.) Fresh Green Beans-3/4c Clementine-1 Milk-8 oz.	20 Cheese Quesadilla-3oz Sliced Cucumber Cup W/Dip Fresh Banana-1 Milk-8 oz.	21 Chicken Pot Pies-1 Salad W/Dressing 1 1/2 c Fresh Apple-1 Milk-8oz	22 <b>PIZZA DAY</b> 3x5 Whole grain Cheese Pizza-2 Tomato Cup w/Dip-3/4C Jello Cup-4oz Milk-8 oz
25 Hot Turkey w/ Gravy-3.5 oz. Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	26 Chicken Tacos/Shredded Lettuce & Cheese W/G 6" Flour Tortilla-2 Red Kidney Beans 3/4c Craisin-1 Milk-8oz	27 Toasted Cheese on Whole Grain Bread-1 Celery Sticks w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz	28 <b>HAPPY THANKSGIVING</b>	29 <b>CLOSE</b>