

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Nov

FEED YOUR CREATIVITY



Announcements:

<p>4 oz. Milk 1</p> <p>4 oz. Beef & Bean Chili</p> <p>1/2 pc. Corn Muffin</p> <p>1/8 c. Squash</p> <p>1/8 c. Diced Pears</p>	<p>4 oz. Milk 2</p> <p>½ Chicken Fajitas</p> <p>1/8 c. Refried Beans</p> <p>1/8 c. Shredded Lettuce</p> <p>1/8 c. Apricots</p>	<p>4 oz. Milk 3</p> <p>½ Breaded Port Patty</p> <p>1/8 c. Mashed Potatoes</p> <p>2 Tbsp. Gravy</p> <p>1/8 c. Roasted Broccoli</p> <p>½ slc. WW Bread</p> <p>1/8 c. Mixed Fruit</p>	<p>4 oz. Milk 4</p> <p>1/3 c. Beef Goulash</p> <p>1/8 c. Carrots</p> <p>1/8 c. Diced Strawberries</p> <p>½ WW Dinner Roll</p>	<p>4 oz. Milk 5</p> <p>2 Fish Sticks</p> <p>1/8 c. Sweet Potato Wedges</p> <p>1/8 c. Berry Blend</p> <p>½ slc. WW Bread</p>
<p>4 oz. Milk 8</p> <p>1/2 Grilled Ham & Cheese Sandwich</p> <p>1/8 c. Tomato Soup</p> <p>1/8 c. Mixed Fruit</p>	<p>4 oz. Milk 9</p> <p>1 oz. Grilled Chicken Patty</p> <p>1/8 c. Green Beans</p> <p>¼ c. Brown Rice</p> <p>1/8 c. Diced Strawberries</p> <p>½ slc. WW Bread</p>	<p>4 oz. Milk 10</p> <p>¾ c. Beef Spaghetti</p> <p>1/8 c. Broccoli & Cheese</p> <p>½ WW Dinner Roll</p> <p>1/8 c. Raspberries</p>	<p>4 oz. Milk 11</p> <p>½ Chicken Enchilada</p> <p>1/8 c. Refried Beans</p> <p>1/8 c. Tossed Salad</p> <p>1/8 c. Diced Mangoes</p>	<p>4 oz. Milk 12</p> <p>2 Beef Steak Fingers</p> <p>1/8 c. Mashed Potatoes</p> <p>2 Tbsp. Gravy</p> <p>1/8 c. Apricots</p> <p>¼ slc. Texas Toast</p>
<p>4 oz. Milk 15</p> <p>1/2 Chicken Quesadilla</p> <p>¼ c. Spanish Rice</p> <p>1/8 c. Diced Tomatoes</p> <p>1/8 c. Berry Blend</p>	<p>4 oz. Milk 16</p> <p>½ Beef Sloppy Joe Sandwich</p> <p>1/8 c. Baked Beans</p> <p>1/8 c. Shredded Carrots</p> <p>1/8 c. Diced Pineapples</p>	<p>4 oz. Milk 17</p> <p>4 Beef Ravioli Pies</p> <p>1/8 c. Corn</p> <p>1/8 c. Diced Mangos</p> <p>½ slc. WW Garlic Toast</p>	<p>4 oz. Milk 18</p> <p>1 oz. Turkey & Gravy</p> <p>1/8 c. Mixed Fruit</p> <p>1/8 c. Mashed Potatoes</p> <p>1/8 c. Green Beans</p> <p>½ Dinner Rolls</p> <p>1/8 c. Cranberry Sauce</p>	<p>4 oz. Milk 19</p> <p>½ 4x6" slc Cheese Pizza</p> <p>1/8 c. Tossed Salad</p> <p>1/8 c. Diced Strawberries</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>Thanksgiving vacation</p> <p>No School</p>				
<p>4 oz. Milk 29</p> <p>1/2 pc. Chicken Spaghetti</p> <p>1/8 c. Snap Peas</p> <p>¼ slc. Garlic Bread</p> <p>1/8 c. Diced Pears</p>	<p>4 oz. Milk 30</p> <p>1 oz. Hamburger w/ WW Bun</p> <p>1 Leaf Lettuce & Slc. Tomato</p> <p>1/8 c. Tater Tots</p> <p>1/8 c. Diced Strawberries</p>			

