

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5 Breakfast: Cheddar Biscuit Sandwich w/Turkey Bacon & Fruit, Milk**

**Lunch: Cajun Rice & Beans w/Beef, Fruit, Milk**

**Snack: Black Bean & Corn Medley & Pita, Fruit**

**12 Breakfast: Turkey Bacon w/ Whole Wheat Bread & Fruit, Milk**

**Lunch: Pasta w/Beef Bolognese Sauce, Fruit, Milk**

**Snack: Cheese Roll Up**

**19 Breakfast: Potato Breakfast Burrito w/Fresh Salsa, Milk**

**Lunch: Mac & Cheese, Fruit, Milk**

**Snack: Fresh Veggies w/ Greek Yogurt Ranch and Pita**

**26 Breakfast: Tofu Scramble w/ Whole Grain Bread, Milk**

**Lunch: BBQ Sandwich, Fruit, Milk**

**Snack: Cheese Cubes & Vegetables**

**6 Breakfast: Waffles w/Syrup & Fruit, Milk**

**Lunch: Chicken Quesadilla, Fruit, Milk**

**Snack: Parmesan Potato Wedges & Cheese Cubes, Fruit, Milk**

**13 Breakfast: Cheerios w/Fruit, Milk**

**Lunch: Chicken Teriyaki w/ Rice, Fruit, Milk**

**Snack: Eggplant Hummus & Pita, Milk**

**20 Breakfast: French Toast Casserole w/Syrup & Fruit, Milk**

**Lunch: Cheesy Rice Bake w/ Beef, Fruit, Milk**

**Snack: Oat Crackers (Lemon Pepper) & Cheese Cubes, Milk**

**27 Breakfast: Cream Cheese & Jelly Roll Up w/Fruit, Milk**

**Lunch: Baked Mostaccioli w/ Beef, Fruit, Milk**

**Snack: Black Bean & Corn Medley & Pita, Milk**

**7 Breakfast: Tofu Scramble w/ Whole Grain Bread, Milk**

**Lunch: Sloppy Joes w/ Turkey, Fruit, Milk**

**Snack: Sweet Potato Chips, Fruit**

**14 Breakfast: Cheesy Breakfast Potatoes w/Fruit, Milk**

**Lunch: Meatloaf w/Mashed Potatoes, Fruit, Milk**

**Snack: Cereal Protein Bar & Fruit**

**21 Breakfast: Tropical Rice Pudding w/Fruit, Milk**

**Lunch: Greek Meatballs w/ Pita & Cucumber Yogurt Sauce, Fruit, Milk**

**Snack: Cocoa Bread w/Fruit**

**28 Breakfast: Yogurt w/Granola Crumbles, Fruit, Milk**

**Lunch: Cheese Pizza, Fruit, Milk**

**Snack: Sweet Potato Chips, Fruit**

**1 Breakfast: Cheesy Breakfast Potatoes, Fruit, Milk**

**Lunch: Chicken Taco, Veggies, Fruit, Milk**

**Snack: Oat Crackers (Curry), Cheese Cubes, Milk**

**8 Breakfast: Yogurt w/Granola Crumbles & Fruit, Milk**

**Lunch: Meatballs w/Mashed Potatoes, Fruit, Milk**

**Snack: Fresh Veggies w/ Greek Yogurt Ranch and Pita, Milk**

**15 Breakfast: Mini Bagel w/ Cream Cheese & Fruit, Milk**

**Lunch: Chicken Taco, Fruit, Milk**

**Snack: Oat Crackers, (Curry) & Cheese Cubes, Milk**

**22**  
**Happy Thanksgiving**  
**School Closed**

**29 Breakfast: Sweet Potato Biscuit w/Fruit, Milk**

**Lunch: Cajun Rice & Beans w/Beef, Fruit, Milk**

**Snack: Chickpea & Cucumber Medley w/Pita, Milk**

**2 Breakfast: Yogurt w/ Granola Crumbles, Fruit, Milk**

**Lunch: Sloppy Joes w/ Beef, Veggies, Fruit, Milk**

**Snack: Creamy Spinach Dip, Pita**

**9 Breakfast: Apple Cinnamon Oatmeal w/Sausage Patty, Milk**

**Lunch: BBQ Chicken Sandwich, Fruit, Milk**

**Snack: Cheese Cubes & Veggies**

**16 Breakfast: Blueberry Oatmeal w/Sausage Patty, Milk**

**Lunch: Turkey Chili w/Oyster Crackers, Fruit, Milk**

**Snack: Graham Crackers & Fruit**

**23 Breakfast: Yogurt w/Granola Crumbles & Fruit, Milk**

**Lunch: Lemon Pepper Chicken & Rice, Fruit, Milk**

**Snack: Graham Crackers & Fruit**

**30 Breakfast: Blueberry Oatmeal w/Sausage Patty, Milk**

**Lunch: Pasta Primavera w/ Marinara & Black Beans, Fruit, Milk**

**Snack: Cheese Roll Up**