


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<ul style="list-style-type: none"> • Confetti Pancakes (1 package, 220 Cal, 36g Carbs) • Cool Mixed Fruit Cup (1 serving, 60 Cal, 16g Carbs) • Ice Cold Blue Raspberry Juice (4 fl oz, 60 Cal, 14g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Banana Bread (1 each, 260 Cal, 45g Carbs) • Raisins (1.33 box, 150 Cal, 40g Carbs) • Ice Cold Orange Juice (4 fl oz, 60 Cal, 15g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Apple Roll (1 roll, 210 Cal, 35g Carbs) • Banana (1 each, 110 Cal, 30g Carbs) • Apple Juice (1 serving, 70 Cal, 14g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Tony's Sausage Breakfast Pizza (1 pizza, 360 Cal, 43g Carbs) • Fresh Apple Slices (1 1/2 cup, 30 Cal, 7g Carbs) • Ice Cold Orange Juice (4 fl oz, 60 Cal, 15g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Tony's Sausage Breakfast Pizza (1 pizza, 360 Cal, 43g Carbs) • Strawberry Banana Applesauce Cup (1 serving, 50 Cal, 14g Carbs) • Ice Cold Grape Juice (4 oz, 60 Cal, 14g Carbs) Milk Choice
9	10	11	12	13
<ul style="list-style-type: none"> • Mini Chocolate Chip French Toast (1 pouch, 190 Cal, 35g Carbs) • Diced Peaches (1 serving, 60 Cal, 15g Carbs) • Ice Cold Apple Juice (1 each, 60 Cal, 14g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Super Donut (1 serving, 210 Cal, 27g Carbs) • Banana (1 each, 110 Cal, 30g Carbs) • Ice Cold Orange Juice (4 fl oz, 60 Cal, 15g Carbs) Milk Juice 	 <p>VETERANS DAY</p>	<ul style="list-style-type: none"> • Assorted Cereal W/ Belly Bear Crackers (1 each, 237 Cal, 44g Carbs) • Juicy Sliced Peaches (0.5 Cup, 50 Cal, 12g Carbs) • Ice Cold Grape Juice (4 oz, 60 Cal, 14g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Ultra Cinnamon Bun (1 each, 240 Cal, 40g Carbs) • Fresh Citrus Orange (1 medium 2" dia, 5" long, raw, 80 Cal, 21g Carbs) • Ice Cold Apple Juice (1 each, 60 Cal, 14g Carbs) Milk Choice
16	17	18	19	20
<ul style="list-style-type: none"> • Goody Ring (1 each, 230 Cal, 29g Carbs) • Sweetened Dried Cranberries (1 serving, 100 Cal, 23g Carbs) • Ice Cold Orange Juice (4 fl oz, 60 Cal, 15g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Assorted Pop-tarts W/ Crackers (1 serving, 295 Cal, 57g Carbs) • Fresh Apple Slices (1 1/2 cup, 30 Cal, 7g Carbs) • Ice Cold Grape Juice (4 oz, 60 Cal, 14g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Assorted Cereal W/ Belly Bear Crackers (1 each, 237 Cal, 44g Carbs) • Citrusy Mandarin Oranges (0.5 Cup, 50 Cal, 10g Carbs) • Ice Cold Apple Juice (1 each, 60 Cal, 14g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Trix Yogurt With Jungle Crackers (1 each, 200 Cal, 33g Carbs) • Banana (1 each, 110 Cal, 30g Carbs) • Ice Cold Orange Juice (4 fl oz, 60 Cal, 15g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Apple Roll (1 roll, 210 Cal, 35g Carbs) • Applesauce Cup (4.5 oz, 51 Cal, 14g Carbs) • Ice Cold Pineapple Juice (4 oz, 70 Cal, 16g Carbs) Milk Choice
23	24	25	26	27
<ul style="list-style-type: none"> • Confetti Pancakes (1 package, 220 Cal, 36g Carbs) • Cool Mixed Fruit Cup (1 serving, 60 Cal, 16g Carbs) • Ice Cold Blue Raspberry Juice (4 fl oz, 60 Cal, 14g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Banana Bread (1 each, 260 Cal, 45g Carbs) • Raisins (1.33 box, 150 Cal, 40g Carbs) • Ice Cold Orange Juice (4 fl oz, 60 Cal, 15g Carbs) Milk Choice 	<ul style="list-style-type: none"> • Apple Roll (1 roll, 210 Cal, 35g Carbs) • Banana (1 each, 110 Cal, 30g Carbs) • Apple Juice (1 serving, 70 Cal, 14g Carbs) Milk Choice 	<p>No School</p>  <p><i>Happy</i> THANKSGIVING</p>	<p>No School</p>
30	<p>Assorted Milk:</p> <ul style="list-style-type: none"> • 1% Lowfat White Milk (1 serving, 100 Cal, 12g Carbs) • Fat Free Strawberry Milk (1 serving, 130 Cal, 24g Carbs) • Fat Free Chocolate Milk (1 serving, 130 Cal, 24g Carbs) • Fat Free Vanilla Milk (1 serving, 130 Cal, 24g Carbs) <p style="text-align: center;">Menu Subject to Change</p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> Turkey Cheese Sandwich (1 sand, 245 Cal, 26g Carbs) Fresh Baby Carrots (0.5 Cup, 52 Cal, 12g Carbs) Fresh Green Peppers (1 cup, chopped, 30 Cal, 7g Carbs) Fresh Apple Slices (1/2 cup, 30 Cal, 7g Carbs) <p>Milk Choice</p>	<p>3</p> <ul style="list-style-type: none"> Walking Taco Beef & Cheese W/ Nacho Doritos (1 salad, 416 Cal, 28g Carbs) Homestyle Refried Beans (0.5 Cup, 47 Cal, 8g Carbs) Fresh Bagged Carrots (1 each, 30 Cal, 7g Carbs) Tropical Pineapple Tidbits (0.5 Cup, 80 Cal, 22g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Chicken Corn Dog (1 each, 240 Cal, 30g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>	<p>4</p> <ul style="list-style-type: none"> Grilled Cheese W/tomato Soup (1 sandwich, 401 Cal, 43g Carbs) Steamed Broccoli (1 Cup, 20 Cal, 4g Carbs) Fresh Baby Carrots (0.5 Cup, 52 Cal, 12g Carbs) Diced Peaches (1 serving, 60 Cal, 15g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>	<p>5</p> <ul style="list-style-type: none"> Popcorn Chicken Bowl W/ Fresh Sliced Bread (1 bowl, 506 Cal, 57g Carbs) Fresh Celery Sticks (0.5 Cup, 21 Cal, 3g Carbs) Wango Mango Vegetable Juice (4 oz, 50 Cal, 13g Carbs) Fresh Citrus Orange (1 medium 2" dia, 5" long, raw, 80 Cal, 21g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Sliced Bologna Cheese Sandwich (1 sandwich, 284 Cal, 28g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>	<p>6</p> <ul style="list-style-type: none"> Pepperoni Pizza (1 slice, 476 Cal, 51g Carbs) Steamed Green Beans W/ Margarine (0.5 Cup, 50 Cal, 7g Carbs) Tomato Cucumber Salad (0.5 Cup, 36 Cal, 5g Carbs) Sweet Red Grapes (0.5 Cup, 56 Cal, 15g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Turkey & Cheese Sandwich (1 sand, 319 Cal, 41g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>
<p>9</p> <ul style="list-style-type: none"> Crispy Chicken Nuggets W/ Fresh Sliced Bread (5 each, 270 Cal, 25g Carbs) Warm Baked Potato (1 nlea serving, 138 Cal, 31g Carbs) Steamed Broccoli (1 Cup, 20 Cal, 4g Carbs) Red Delicious Apple (1 each, 39 Cal, 10g Carbs) <p>Milk Choice</p>	<p>10</p> <ul style="list-style-type: none"> Cheesy Pizza (1 slice, 447 Cal, 51g Carbs) Steamed Green Beans W/ Margarine (0.5 Cup, 50 Cal, 7g Carbs) Fresh Baby Carrots (0.5 Cup, 52 Cal, 12g Carbs) Diced Peaches (1 serving, 60 Cal, 15g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Chicken Corn Dog (1 each, 240 Cal, 30g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>	<p>11</p>  <p>VETERANS DAY</p>	<p>12</p> <ul style="list-style-type: none"> Grilled Hot Dog (1 each, 280 Cal, 26g Carbs) Crispy Oven Baked Fries (1 serving, 90 Cal, 14g Carbs) Fresh Celery Sticks (0.5 Cup, 21 Cal, 3g Carbs) Cinnamon Applesauce Cup (1 serving, 50 Cal, 14g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Bologna Cheese Sandwich (1 sandwich, 274 Cal, 28g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>	<p>13</p> <ul style="list-style-type: none"> Pepperoni Pizza (1 slice, 476 Cal, 51g Carbs) Steamed Mixed Vegetables W/ Margarine (0.5 Cup, 68 Cal, 12g Carbs) Fresh Broccoli Florets (0.5 Cup, 45 Cal, 8g Carbs) Sweet Red Grapes (0.5 Cup, 56 Cal, 15g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Turkey & Cheese Sandwich (1 sand, 319 Cal, 41g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>
<p>16</p> <ul style="list-style-type: none"> Corn Dog Nuggets (6 each, 250 Cal, 30g Carbs) Fresh Baby Carrots & Celery Sticks (0.5 Cup, 27 Cal, 5g Carbs) Dragon Punch Vegetable Juice (4 oz, 50 Cal, 13g Carbs) Fresh Citrus Orange (1 medium 2" dia, 5" long, raw, 80 Cal, 21g Carbs) <p>Milk Choice</p>	<p>17</p> <ul style="list-style-type: none"> Juicy Cheeseburger on a Bun (1 each, 270 Cal, 27g Carbs) McCain Shoestring French Fries (1 serving, 90 Cal, 14g Carbs) Fresh Baby Carrots (0.5 Cup, 52 Cal, 12g Carbs) Applesauce Cup (4.5 oz, 51 Cal, 14g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Chicken Corn Dog (1 each, 240 Cal, 30g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>	<p>18</p> <ul style="list-style-type: none"> Walking Taco Beef & Cheese w/Nacho Doritos & Fresh Sliced Bread (1 salad, 506 Cal, 45g Carbs) Homestyle Refried Beans (0.5 Cup, 47 Cal, 8g Carbs) Romaine Side Salad (1.25 cup serving, 44 Cal, 9g Carbs) Tropical Pineapple Tidbits (0.5 Cup, 80 Cal, 22g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Breaded Chicken Bacon Ranch Wrap (1 serving, 588 Cal, 53g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>	<p>19</p> <ul style="list-style-type: none"> Breaded Chicken Parmesan W/pasta (1 piece, 433 Cal, 51g Carbs) Steamed Green Beans (0.5 Cup, 27 Cal, 2g Carbs) Fresh Red and Green Peppers (0.5 Cup, 19 Cal, 4g Carbs) Diced Peas (0.5 Cup, 70 Cal, 16g Carbs) Bologna Cheese Sandwich (1 sandwich, 274 Cal, 28g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Breaded Chicken Bacon Ranch Wrap (1 serving, 588 Cal, 53g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>	<p>20</p> <ul style="list-style-type: none"> Pepperoni Pizza (1 slice, 476 Cal, 51g Carbs) Steamed Peas W/ Margarine (0.5 Cup, 89 Cal, 13g Carbs) Tomato Cucumber Salad (0.5 Cup, 47 Cal, 3g Carbs) Diced Peaches (1 serving, 60 Cal, 15g Carbs) <p>Alternate Entrée Options</p> <ul style="list-style-type: none"> Turkey & Cheese Sandwich (1 sand, 319 Cal, 41g Carbs) PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs) <p>Milk Choice</p>

- Breaded Chicken Tenders With Soft Pretzel (1.3, 370 Cal, 26g Carbs)
- Blended Mixed Vegetables (0.66 Cup, 50 Cal, 11g Carbs)
- Fresh Baby Carrots (0.5 Cup, 52 Cal, 12g Carbs)
- Fresh Apple Slices (1/2 cup, 30 Cal, 7g Carbs)

Milk Choice

- Turkey, Sliced Oven Roasted Turkey Breast W/white Meat (1/6, 110 Cal, 0g Carbs)
 - Creamy Mashed Potatoes W/ Gravy (0.5 Cup, 90 Cal, 18g Carbs)
 - Stuffing (1 serving, 171 Cal, 18g Carbs)
 - Steamed Green Beans (0.5 Cup, 27 Cal, 2g Carbs)
 - Dinner Roll (1 roll, 100 Cal, 18g Carbs)
 - Cranberry Applesauce (0.5 Cup, 135 Cal, 35g Carbs)
- Alternate Entree Options**
- Chicken Corn Dog (1 each, 240 Cal, 30g Carbs)
 - PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs)

Milk Choice

- Turkey, Sliced Oven Roasted Turkey Breast W/white Meat (1/6, 110 Cal, 0g Carbs)
 - Crispy Tator Tots (8 each, 131 Cal, 16g Carbs)
 - Creamy Mashed Potatoes W/ Gravy (0.5 Cup, 90 Cal, 18g Carbs)
 - Steamed Green Beans (0.5 Cup, 27 Cal, 2g Carbs)
 - Cranberry Applesauce (0.5 Cup, 135 Cal, 35g Carbs)
- Alternate Entree Options**
- Breaded Chicken Bacon Ranch Wrap (1 serving, 588 Cal, 53g Carbs)
 - PB&J Sandwich (1 sandwich, 535 Cal, 52g Carbs)

Milk Choice



- Cheeseburger on a Bun (1 serving, 308 Cal, 25g Carbs)
- Cherry Tomatoes (1 serving, 14 Cal, 3g Carbs)
- Wango Mango Vegetable Juice (4 oz, 50 Cal, 13g Carbs)
- Tropical Pineapple Tidbits (0.5 Cup, 80 Cal, 22g Carbs)

Milk Choice

Assorted Milk:

- 1% Lowfat White Milk (1 serving, 100 Cal, 12g Carbs)
- Fat Free Strawberry Milk (1 serving, 130 Cal, 24g Carbs)
- Fat Free Chocolate Milk (1 serving, 130 Cal, 24g Carbs)
- Fat Free Vanilla Milk (1 serving, 130 Cal, 24g Carbs)

Menu Subject to Change