



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal and muffins 3 Spaghetti and meatballs	ELECTION DAY 4 Pancakes Chef salad and bread sticks	Cereal and muffins 5 Turkey subs	Cereal and muffins 6 Pizza burgers	Hash browns and sausage 7 Chicken alfredo
Cereal and muffins 10 Chicken stir-fry over rice	VETERAN'S DAY 11 Waffles BBQ pork on a bun	Cereal and muffins 12 Lasagna and garlic bread	Cereal and muffins 13 Macaroni and cheese	NO SCHOOL 14
Cereal and muffins 17 Hot dogs	French toast 18 Hammy sammy	Cereal and muffins 19 Roast turkey and mash potatoes	Cereal and muffins 20 Biscuits and gravy	Cereal and muffins 21 Cowboy dinner
Cereal and muffins 24 Burritos	Cereal and muffins 25 Chicken patty on a bun	Cereal and muffins 26 Egg rolls and rice	THANKSGIVING 27 HAPPY TURKEY DAY	NO SCHOOL 28



A La Carte

Monday thru Friday we will offer a main menu item, chef salad and pizza.

We will also offer chicken nuggets on Mondays and Wednesday and on Tuesday and Thursday we will offer bakes potatoes with all the fixings. Fridays we will have nachos and on Monday we will have cheese pizza.

School News

Menus are subject to change due to availability of product.

Condiments are offered as needed.

We have three choices of milk 2%, skim and chocolate.

Remember no school on the 14, 27 and 28.

GUESS WHAT?

OUR BONES ARE ABOUT FOUR TIMES STRONGER THAN STEEL AND THEY CAN ENDURE 24,000 POUNDS OF PRESSURE PER SQUARE INCH.

WALKING SIDWAYS BURNS 78% MORE CALORIES THAN WALKING FORWARD. LATERAL MOTION TAKES EXTRA EFFORT BY PUTTING YOUR BODY TO WORK IN UNFAMILIAR WAYS.

