




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					<p>Tooty Fruity Salad 1</p> <p>1 Cheese Manicotti w Tomato Basil Sauce</p> <ul style="list-style-type: none"> • 1 ½ oz m/ma, 2 oz WG Grain (2.75 oz) <p>½ c Field Greens Salad w Ranch</p> <p>¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>Breakfast for Lunch 4</p> <p>2 WG French Toast Bites w Syrup (1.02 oz)</p> <p>4 Turkey Sausage Bites (2 oz m/ma)</p> <p>¼ c Home Fried Potatoes</p> <p>¼ c Tropical Fruit Salad</p> <p>¾ c Milk</p> <p><i>Veg: 1 Hard Boiled Egg (2 oz m/ma)</i></p>	<p>Stick to Your Ribs 5</p> <p>3 Meatballs w Marinara Sauce</p> <p>¼ c WG Penne Pasta</p> <p>PC Parmesan Cheese</p> <p>¼ c Petite Broccoli w Italian</p> <p>½ Apple</p> <p>¾ c Milk</p> <p><i>Veg: 3 Veggie Meatballs</i></p>	<p>Arroz con Pollo 6</p> <p>¼ c Diced Chicken w ¼ c Vegetables (Bell Pepper, Onion Tomatoes)</p> <p>¼ c WG Rice</p> <p>¼ c Pineapple</p> <p>¾ c Milk</p> <p><i>Veg: 3 Chickless Nuggets</i></p>	<p>Buen Apetito 7</p> <p>½ c Beef Picadillo #8</p> <p>1 ½ oz Meat</p> <p>¼ c WG Rice</p> <p>½ c Spinach Salad w Creamy Italian</p> <p>¼ c Pears</p> <p>¾ c Milk</p> <p><i>Veg: Bean Piccadillo</i></p>	<p>Make Your Own Burrito 8</p> <p>¼ c Black Beans & 1/8 c Monterey Cheese</p> <p>1 6 in WW Tortilla (1 oz)</p> <p>PC Mild Salsa</p> <p>½ c Shredded Field Greens</p> <p>¼ c Pineapple</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>Italian 11</p> <p>2 Chicken Tenders (2 oz)</p> <p>PC Marinara Sauce</p> <p>1oz WG Breadstick</p> <p>¼ c Baby Carrots</p> <p>½ Apple</p> <p>¾ c Milk</p> <p><i>Veg: 3 Chix Tenders</i></p>	<p>Fiesta Beans & Rice 12</p> <p>½ c Red Beans</p> <p>¼ c WG Rice</p> <p>¼ c Broccoli w Ranch</p> <p>¼ c Pineapple</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>Tooty Fruity Salad 13</p> <p>2 oz Oven Fried Chicken Leg</p> <p>1 oz WG Corn Muffin</p> <p>¼ c Steamed Greens</p> <p>¼ c Tropical Fruit Salad</p> <p>¾ c Milk</p> <p><i>Veg: 4 oz Yogurt 1 oz String Cheese</i></p>	<p>Catch & Release Sandwich 14</p> <p>3 oz WG CN Fish Fillet</p> <p>¼ c WG Rice (½ oz Grain)</p> <p>¼ c Cole Slaw</p> <p>¼ c Honeydew</p> <p>¾ c Milk Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p>Comfort Lunch 15</p> <p>½ c Macaroni & Cheese</p> <ul style="list-style-type: none"> • ¼ oz Cheese; ¼ c WG Noodles ½ oz <p>3/8 c Vegetarian Baked Beans</p> <p>½ c Spinach Salad w Italian</p> <p>¼ c Peaches</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>Alfresco Lunch 18</p> <p>1 Chicken Patty</p> <p>1 WG Bun</p> <p>¼ c Baked Batatas & Apples</p> <p>¼ c Tropical Fruit Salad</p> <p>¾ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>	<p>Use Your Noodle Bake 19</p> <p>½ c Beef & Macaroni Pasta Bake #8</p> <ul style="list-style-type: none"> • 2 oz Beef, ¼ c WG Noodles(½ oz) <p>½ c Field Green Salad w Ranch</p> <p>2 Orange Wedges</p> <p>¾ c Milk</p> <p><i>Veg: Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p>Chili Tater 20</p> <p>½ c Chili con Carne</p> <p>1 oz WG Corn Muffin</p> <p>¼ c Roasted Potatoes</p> <p>¼ Pears</p> <p>¾ c Milk</p> <p><i>Veg: ½ c Vegetarian Chili</i></p>	<p>Thanksgiving Menu 21</p> <p>2 oz Turkey & Gravy</p> <p>2 Tbsp Cranberry Sauce</p> <p>¼ c Stuffing</p> <p>¼ c Green Beans</p> <p>¼ c Candied Sweet Potatoes</p> <p>¾ c Milk</p> <p>Veg: 3 Chickenless Tenders (No Gravy)</p>	<p>Make Your Own Pizza 22</p> <p>½ WW English Muffin 1 oz</p> <p>2 TBSP Shredded Cheese</p> <p>1 oz String Cheese</p> <p>¼ c Tomato Sauce (Hot)</p> <p>½ c Spinach Salad w Italian</p> <p>¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>A Taste of the South 25</p> <p>2 oz Oven Fried Chicken Leg</p> <p>1 WG Wheat Roll</p> <p>¼ c Black Eyed Peas</p> <p>¼ c Apple Slices (2-3)</p> <p>¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets*</i></p>	<p>Thanksgiving Menu 26</p> <p>2 oz Turkey & Gravy</p> <p>2 Tbsp Cranberry Sauce</p> <p>¼ c Stuffing</p> <p>¼ c Green Beans</p> <p>¼ c Candied Sweet Potatoes</p> <p>¾ c Milk</p> <p><i>Veg: 3 Chickenless Tenders (No Gravy)</i></p>	<p>Finger Lickin Good 27</p> <p>2 Tyson Chicken Tenders</p> <p>1 oz Cornbread</p> <p>¼ c Broccoli w Ranch</p> <p>2 Orange Wedges</p> <p>¾ c Milk</p> <p><i>Veg: 3 Dr Praegers Chicken sub nuggets 2 oz m/ma</i></p>	<p>28</p> 	<p>29</p> 