



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH							1		2
						½ c Beef Picadillo #8 (1 ½ oz meat) ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip ¼ c Pears ¾ c Milk <i>Veg: 1 Lasagna Roll - Up</i>		1 Cheese Manicotti (2.75oz) W Tomato Basil (1 ½ oz cheese 2 oz WG grain) ½ c Romaine Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>	
	5	<u>Mediterranean Cold Menu</u> ¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) 1 Tbsp Hummus ¼ c Petite Broccoli w Italian ¼ c Tropical Fruit Salad ¾ c Milk <i>Veg: 3/8 c Chickpeas</i>	6	½ c Beef & Bean Chili 2 oz meat/meat alternate 1 oz Cornbread ½ c Romaine with Ranch 2 Orange Wedges ¾ c Milk <i>Veg: Vegetarian Chili</i>	7	3 oz WG Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) ½ c Spinach Salad w Italian ¼ c Honeydew ¾ c Milk <i>Veg: 6 oz Yogurt</i>	8	<u>Make Your Own Burrito</u> ¼ c Black Beans & 1/8 c Monterrey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa ½ c Shredded Lettuce ¼ c Pineapple ¾ c Milk <i>Veg: Same</i>	9
	12	 SCHOOL - CLOSED	13	2 oz Oven Fried Chicken Leg 1 oz WG Corn Muffin ¼ c Cole Slaw ¼ c Honeydew ¾ c Milk <i>Veg: 3 Chickenless Nuggets* w Ketchup</i>	14	<u>Make Your Own Taco</u> ¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard WG Taco Shell ½ c Shredded Romaine PC Salsa ½ Banana ¾ c Milk <i>Veg: ½ c Black Beans</i>	15	<u>Thanksgiving Menu</u> 2 oz Turkey & Gravy 2 Tbsp Cranberry Sauce ¼ c Stuffing ¼ c Green Beans ¼ c Candied Sweet Potatoes ¾ c Milk <i>Veg: 3 Chickenless Tenders No Gravy</i>	16
	19	<u>Make Your Own Wrap</u> 1 oz Turkey (2 Slices) 2 Tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla (1 oz) ½ c Spinach Salad w Italian ¼ c Pears ¾ c Milk <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i>	20	1 Chicken Patty • 2 oz Chicken 1 WG Bun (1.8 oz) ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk <i>Veg: Black Bean Patty*</i>	21	2 oz Meatloaf 1 WG Corn Muffin (1 oz) ¼ c Cheesy Mashed Potatoes ¼ c Honeydew ¾ c Milk <i>Veg: Black Bean Patty* w Ketchup</i>	22		23
	26	2 oz Oven Baked Chicken Leg 1 WG Wheat Roll (1 oz) ¼ c Baby Carrots w Veggie Dip ¼ c Apple Slices (2-3) ¾ c Milk <i>Veg: 3 Chickenless Nuggets* w Ketchup</i>	27	2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk <i>Veg: Vegetarian Black Bean Burger*</i>	28	<u>Make Your Own Joe</u> ½ c Bean Sloppy Joe (2 oz meat) #8 1 WG Bun (1.8 oz) ¼ c Cole Slaw 2 Orange Wedges ¾ c Milk <i>Veg: Same</i>	29	1 Cheese Manicotti (2.75oz) W Tomato Basil (1 ½ oz cheese 2 oz WG grain) ½ c Romaine Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>	30