

November is Good Nutrition Month.

Celebrate by eating lots of fruits and veggies, drinking plenty of water and eating healthy snacks.

USDA is an Equal Opportunity Provider and Employer

Menu Information: (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Chef Salad is served each day w/ 1 slice Homemade WG Bread - Yogurt/Cheese is served each day w/ 1 slice Homemade WG Bread

Monday



Jeff Rib on Bun (38) or Chicken Salad Sandwich(36) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

Baked Beans(29)

Grill Cheese Sandwich(30) Tuna Salad on Bun (33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

Tomato Soup (17)
Crackers (7 per pkg.)

Hamburger on Bun (33) or Chicken Salad Sandwich(36) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

Seasoned French Fries(25)

Chicken Strips (16) w/HMD Bread(17) or Hoagie Sandwich (36) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

Cowboy Beans (18)

Tuesday

Chicken Alfredo (7) Rotini(32)&Breadstick(17) or Ham Sandwich(35) or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)

Green Peas (11)

Chicken Gravy (5) w/HMD Bread(17) or PBJ Sandwich(35)or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

Mashed Potatoes(20)

Chicken Tetrazinni (25) w/HMD Bread (17) or Ham Sandwich (35) or Chef Salad (18)Croutons(14) or Yogurt/Cheese(18)Granola(13)

Mixed Vegetables(12)

Roast Turkey (0) w/HMD Bread(17) or Ham & Cheese Wrap (23) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)
**Mashed Potatoes(20)Gravy(4)
Pumpkin Cake (23)**

Breaded Pork on Bun (42) Tuna Salad on Bun (33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

Cauliflower w/Cheese(5)

Wednesday

Sausage(0) w/Pancakes(27) Syrup(30) or Turkey/Cheese Flatbread(27)or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)

Tater Tots (20)

HMD Beef Pizza(30) or Ham/Cheese Flatbread(28)or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)

Corn(16)

Macho Nacho (24) or PBJ Sandwich (35) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

Refried Beans (23)

Blue Valley Brand Hot Dog on Bun (25) or Turkey Sandwich(33) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

Baked Beans (29)

Oven Fried Chicken(11) w/HMD Bread(17) or Ham /Cheese Flatbread(28) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

Mashed Potatoes(20)Gravy(4)

Thursday

Chicken Enchilada (25)or Tuna Salad on Bun (33)or Chef Salad(18) Crackers(10)or Yogurt/Cheese(38)Granola(7)

Refried Beans(23)

Mandarin Chicken(14) w/Seasoned Rice(12)&Egg Roll(22) or Hoagie Sandwich(36) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13)

Fresh Veggies

Mini Meatloaf (25) w/HMD Bread(17) or Turkey/Cheese Wrap (24) or Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

Mashed Potatoes(20)Gravy(4)

NO SCHOOL
THANKSGIVING

Fruit/Vegetable Bar and Milk served with every meal. Full meal price \$2.60 Extra \$2.00. Would you like to join your child for lunch? We'd love to have you. Please call the office (needs to be ordered when lunch by 9 am to be included in our daily lunch count. Adult meals cost \$3.50. What a bargain!!

Friday

NO SCHOOL
PROFESSIONAL
DEVELOPMENT

Mini Pepperoni Calzone(23) Turkey on Fish Shaped Bread(22) Chef Salad(18)Crackers(10)or Yogurt/Cheese(38)Granola(7)

Carrots(5)

Mini Corn Dogs (28) or Hoagie Sandwich(36) or Chef Salad(18)Croutons(14)or Yogurt/Cheese(38)Granola(13)

Broccoli w/Cheese(5)

NO SCHOOL