





















2013

NOVEMBER

Milk is served with all meals – Peanut Butter & Jelly Sandwiches served every day as alternate menu.
 All breads, pastas, rice, wraps, tortillas and other baked goods are 51% or more whole grain.
 Our Healthy Choice Bar will offer a selection of fresh veggies and fruit daily with seasonal variations.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01 NO SCHOOL	02
03	04 Mini Pancakes; Yogurt or Turkey Sausage Healthy Choice Bar 	05 Tangerine Chicken Brown Rice Healthy Choice Bar 	06 Dominos Pizza Healthy Choice Bar 	07 Deli Chicken & Cheese Sandwich; Chicken Noodle Soup; Healthy Choice Bar 	08 Chicken Pot Pie Healthy Choice Bar 	09
10	11 Mini French Toast, Yogurt or Turkey Sausage Healthy Choice Bar  	12 Chicken Patty on Bun Potato Wedges Healthy Choice Bar 	13 Dominos Pizza Healthy Choice Bar 	14 Tomato Soup, Soft Bread Stick, Cheese Stick, Healthy Choice Bar Alphabet Cookies 	15 Turkey Meatball Sub Sandwich Healthy Choice Bar 	16
17	18 Mini Waffles; Yogurt or Turkey Sausage Healthy Choice Bar  	19 Teriyaki Chicken Brown Rice Healthy Choice Bar 	20 Dominos Pizza Healthy Choice Bar 	21 Three Bean Turkey Chili and Chips, Healthy Choice Bar 	22 Pulled Chicken on bun; mashed potatoes; Healthy Choice Bar; Pumpkin Cake 	23
24	25	26	27	28	29	30
Thanksgiving Break						
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
01	02	03	04	05	06	07
 vegetarian	 Turkey	 Chicken				