



**School Information:** Type your school information here.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Beef and Cheese Tacos **1**  
 WG Taco Shell  
 Refried Beans  
 Shredded Lettuce & Taco Sauce  
 Lunch Bunch Grapes  
 Milk

Beef Hot Dog **2**  
 WG Bun  
 Sweet Potato Fries  
 Mandarin Oranges  
 Milk  
 Ketchup and Mustard

Cheese/Pepperoni Pizza **3**  
 Whole Grain Crust  
 Romaine Salad  
 Pineapple Chunks  
 Milk  
 Ranch

BBQ Beef Riblet Sandwich **6**  
 Whole Grain Sub Bun  
 Glazed Carrots  
 Apple  
 Milk

Hawaiian Chicken Wrap **7**  
 Honey Wheat Tortilla  
 Baked Beans  
 Mixed Fruit  
 Milk

Beef Meat Balls & Gravy **8**  
 WG Roll  
 Mashed Potatoes  
 Orange  
 Milk

Grilled Cheese Sandwich **9**  
 WG Bread  
 Vegetable Tomato Soup  
 Sliced Peaches  
 Milk

Cheese/Pepperoni Pizza **10**  
 Whole Grain Crust  
 Romaine Salad  
 Pineapple Chunks  
 Milk  
 Ranch

Chicken Fries **13**  
 WG Waffles  
 Baby Carrots w/ Ranch  
 Mandarin Oranges  
 Milk  
 Maple Syrup

Cheese Burger **14**  
 Whole Grain Bun  
 Baked Beans  
 Apple  
 Milk  
 Ketchup and Mustard

Chili w/ Beans **15**  
 Seasoned Potato Wedges  
 Whole Grain Corn Muffin  
 Banana  
 Milk  
 Ketchup

Asian Cherry (New Item) **16**  
 Blossom Chicken  
 Whole Grain Roll  
 Oriental Veggies  
 Pineapple Tidbits  
 Milk

Cheese or Pepperoni Pizza **17**  
 Whole Grain Crust  
 Romaine Salad  
 Orange  
 Milk  
 Ranch

Sloppy Joe **20**  
 Whole Grain Bun  
 Corn  
 Strawberry Cup  
 Milk

Whole Grain **21**  
 Chicken Nugget w/ BBQ Sauce  
 Whole Grain Roll  
 Glazed Carrots  
 Sliced Peaches  
 Milk

Sliced Turkey and Gravy **22**  
 Whole Grain Stuffing  
 Green Beans  
 Pineapple Tidbits  
 Milk  
 Holiday Treat

**23**  
**Thanksgiving Break**

**24**  
**Thanksgiving Break**

Mini Turkey **27**  
 Corn Dogs (New Item)  
 Broccoli  
 Lunch Bunch Grapes  
 Milk  
 Ketchup and Mustard

BBQ Chicken Sandwich **28**  
 Whole Grain Bun  
 Baked Beans  
 Mixed Fruit  
 Milk

Salisbury Steak w/Gravy **29**  
 WG Roll  
 Garlic Mashed Potatoes  
 Strawberry Cup  
 Milk

Cheese Burger Meatloaf **30**  
 (New Item)  
 Whole Grain Bun  
 Brussel Sprouts  
 Apple  
 Milk

