




November 2017

		<p>1 Orange Glazed Chicken—2 oz. Garlic Bread—1 slice Baby Carrots w/Ranch —1/2 cup (FR) Mandarin Oranges—1/2 c. (CN) Skim Milk—8 fl. oz.</p>	<p>2 Beef Burrito Stack—4 oz. WG Spanish Rice—4 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>3 Smoked Turkey Sausage—1 each Wheat Bun—1 each Garden Salad—1/2 c. (FR) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>6 Sweet N Sour Chicken—3 oz. WG Brown Rice—1/2 cup Garden Salad—1/2 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>7 Spaghetti w/ Meatsauce—4 oz. WG Honey Roll—1 each Steamed Mixed Veggies—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>8 Chicken Cordon Bleu Bake—4 oz. Garlic Bread—1 slice Baby Carrots w/ Ranch—1/2 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>9 Chicken Queso—4 oz. Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>10 Stuffed Chicken—2 oz. Pasta Salad—3 oz. Broccoli Casserole—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>13 Beef Nachos—3 oz. Tortilla Chips—1 oz. Lettuce/Tomato Salad—4 oz. (FR) Orange—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>14 Beef Fajitas—4 oz. WG Tortilla—1 each Garden Salad—1/2 cup (FR) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>15 Chicken N Noodles—4 oz. WG Honey Roll—1 each Steamed Veggies—1/2 cup (FZ) Apple—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>16 <u>KC THANKSGIVING</u> Turkey w/Gravy—4 oz. Stuffing—2 oz. Mashed Potatoes—1/2 cup (FR) Green Beans—1/2 cup (FZ) Skim Milk—8 fl. oz.</p>	<p>17 Philly Cheese Steak—2 oz. Wheat Bun—1 each Broccoli w/ Ranch—1/2 cup (FR) Peaches—1/2 cup (CN) Skim Milk—8 fl. oz.</p>
<p>20 Pulled BBQ Chicken—2 oz. Wheat Bun—1 each Roasted Potatoes—1/2 cup (FR) Apple—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>21 Chicken Soft Tacos—2 oz. WG Tortilla—1 each Lettuce/Tomato Salad—1/2 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>22 Beef & Noodles—4 oz. Garlic Bread—1 slice Corn on the Cob—4 oz. (FZ) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>		
<p>27 Meatball Sub—2 oz. Wheat Bun—1 each Baby Carrots w/ Ranch—1/2 cup (FR) Peaches—1/2 cup (FZ) Skim Milk—8 fl. oz.</p>	<p>28 BBQ Chicken—2 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Baked Apples—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>29 Chicken Queso—4 oz. Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Sliced Melon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>30 BBQ Beef—2 oz. Wheat Bun—1 each Baked Beans—1/2 cup (CN) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	