

NOVEMBER

			<p>1 Beef Burrito Stack—4 oz. WG Spanish Rice—1/2 cup Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>2 BBQ Smoked Sausage—1 each WG Bun—1 each Garden Salad—1 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>5 Sweet N Sour Chicken—3 oz. WG Brown Rice—1/2 cup Garden Salad—1 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>6 Spaghetti w/ Meatsauce—4 oz. (WG) Steamed Mixed Veggies—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>7 Chicken Cordon Bleu Bake —4 oz. (WG) Garlic Bread—1 slice Carrots w/Ranch—1/2 cup (FR) Pineapple—4 oz. (FR)</p>	<p>8 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>9 Buffalo Chicken—2 oz. Whole wheat Bun—1 each Lettuce/Tomato Salad—1 cup Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>
<p>12 Beef Nachos—3 oz. WG Tortilla Chips—1 oz. Lettuce/Tomato Salad—1 cup (FR) Orange—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>13 Beef Fajitas—3 oz. WG Tortilla—1 each Garden Salad—1 cup (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>14 Chicken N Noodles—4 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>15 Turkey w/ Gravy—2 oz. WG Roll—1 each Mashed Potatoes—1/2 cup Green Beans—1/2 cup Skim Milk—8 fl. oz. Assorted Pies—1 slice</p>	<p>16 Philly Cheesesteak—2 oz. WG Hot Dog Bun—1 each Broccoli w/ ranch—1/2 cup (FR) Peaches—1/2 cup (CN) Skim Milk—8 fl. oz.</p>
<p>19 Pulled BBQ Chicken—2 oz. Whole wheat Bun—1 each Roasted Potatoes—1/2 c. (FR) Apple—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>20 Chicken Soft Tacos—2 oz. WG Tortilla—1 serving Lettuce/Tomato Salad—1 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>21 Grilled Chicken Salad — (chicken—2 oz salad—1 cup (FR) WG Roll—1 Each Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>		
<p>26 Meatball Sub—2 oz. Whole wheat Bun—1 each Baby Carrots w/Ranch—1/2 cup (FR) Orange—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>27 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>28 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>29 BBQ Beef—3 oz. Whole wheat Bun—1 each Baked Beans—1/2 cup (CN) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>30 Baked Spaghetti—4 oz. (WG) Garlic Bread—1 each Garden Salad—1 cup (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>