



School Information:

### Happy Thanksgiving!!



**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



Chicken Tetrazzini with Garlic Rolls, Chicken Wraps, or Soy PB&J, Tater Tots, Italian Mix Veggies, Side Mixed Salad with Carrots and Tomatoes, Fresh Strawberries and Pineapple. Assorted Milks and water. **1**

Teriyaki Chicken with Fried Ham Sandwich or Soy PB&J, Egg rolls, Oriental Veggie Mix, Side Mixed Salad With broccoli and cucumbers, Fresh Green Grapes and Mandarin Oranges Assorted Milks and Water. **2**

Hot Calzones with Cheese Or Chicken Sandwich with Mayonnaise and Mustard Lettuce and Tomatoes. Cool Ranch Doritos, Celery with Ranch for dipping. Fresh Melon. Assorted Milk, Juice and Water **3**

BBQ Pulled Pork with Roll, Turkey Wraps or Soy PB&J. Baked Beans and Sweet Peas and Carrots, Side Mixed Salad with Tomatoes and Carrots. Fresh Red Grapes and Mix Fruit Cups. Assorted Milks and Water. **6**

Shepherd's Pie with Yeast Chicken Fingers or Soy PB&J Steamed Broccoli and Mashed Potatoes, Side Mixed Salad with Carrots and Cucumbers. Fresh Oranges and Sliced Peaches. Assorted Milks and Water **7**

Pizza, Grilled Chicken Breast With rolls, or Soy PB&J. Corn and Green Beans, Side Mixed Salad with Broccoli and Tomatoes. Fresh Green Apples and Sliced Pineapple. Assorted Milks and Water. **8**

Creamy Chicken and Rice With Garlic Bread, Turkey Wraps or Soy PB&J. Mixed Veggies and Tater Tots. Side Mixed Salad with cucumbers and Carrots. Fresh Strawberries and Mandarin Oranges Assorted Milks and Water **9**

Ham Panini's With Mayonnaise And Mustard, Lettuce and Tomatoes, BBQ Chips and Carrots with Ranch For Dipping, Fresh Sliced Apples. Assorted Milks, Juice and Water **10**

Chicken Fajitas with Tortilla Or Grilled BBQ Chicken, Soy BB&J, Corn, Winter Mixed Veggies, Side Mixed Salad With Tomatoes and Carrots, Ranch Dressing, Fresh Red Grapes and Peaches. Assorted Milks, and Water **13**

Mandarin Chicken with Egg rolls or Chicken Nuggets Ham Sandwich, Baked Beans, Broccoli, Side Mixed Salad with Carrots and Celery, Ranch Dressing, Fresh strawberries and Pineapple. Assorted milks, Water **14**

Spaghetti with Garlic Bread Or Meatball Subs, Soy PB&J Sweet Peas, and Italian Blend Veggies. Mixed Salad with Tomatoes and Broccoli, Fresh Peaches and Apple Slices Assorted Milks and Water **15**

Country Fried Steak or Corn Dogs, Soy PB&J, Buttered Roll, Corn and Green Beans, Side Mixed Salad with Broccoli and Carrots, Ranch Dressing, Fresh Red Grapes and Mandarin Oranges, Assorted Milks and water. **16**

Turkey Sub Sandwiches with Mayonnaise and Mustard Lettuce and Tomatoes. Sour Cream and Onion Chips, Carrots with ranch for dipping, Whole Red Apples, Assorted Milk, Juice and Water. **17**

**No School** **20**  
**Thanksgiving Break**

**No School** **21**  
**Thanksgiving Break**

**No School** **22**  
**Thanksgiving Break**

**No School** **23**  
**Thanksgiving Break**

**No School** **24**  
**Thanksgiving Break**

Salisbury Steak with Yeast Rolls, Chicken Nuggets, or Soy PB&J. Broccoli Florets, Mashed potatoes, Side Mixed Salad with Tomatoes and Carrots, Ranch Dressing, Fresh Melon Slices and Pears, Assorted Milks and Water **27**

Smokehouse Chili w/Corn Bread, Ham Sandwich or Soy PB&J, Green Beans and Winter Mix Veggies, Side Mixed Salad With Cucumbers and Broccoli Fresh Red Apples and Mixed Fruit Assorted Milks and Water. **28**

Chicken Tetrazzini with Garlic Rolls, Chicken Wraps, or Soy PB&J, Tater Tots, Italian Mix Veggies, Side Mixed Salad with Carrots and Tomatoes, Fresh Strawberries and Pineapple. Assorted Milks and water **29**

Teriyaki Chicken with Fried Ham Sandwich or Soy PB&J, Egg rolls, Oriental Veggie Mix, Side Mixed Salad With broccoli and cucumbers, Fresh Green Grapes and Mandarin Oranges Assorted Milks and Water. **30**

