

NOVEMBER MENU

Every lunch also includes a choice of milk, Chef Salad, and Grab N' Go Boxed Lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Asian Bowl or PB&J Grab & Go Oriental Vegetables Steamed Baby Carrots Tropical Pineapple	3 Nachos Lettuce & Tomatoes Spanish Rice Pinto Beans Homemade Salsa Mixed Fruit	4 Spaghetti with Meat Sauce and Garlic Stick or Pizza Seasoned Green Beans Garden Green Salad Fruit Cup	5 Country Bowl <i>with Mashed Potatoes and Seasoned Corn</i> or Popcorn Chicken Bucket <i>with Fries</i> Tossed Salad Hot Roll Color-filled Apple Sauce	6 Chicken Strip Sandwich or Cheese Burger Basket Lettuce, Pickles, and Tomatoes Choice of Fresh Fruit
9 Chili Cheese Tots with Hot Roll or Chili Dog Baby Carrots and Ranch Dressing Seasoned Vegetables Fruit Cup	10 Quesadilla or Crisпитos Steamed Vegetables Homemade Salsa Spanish Rice Refried Beans Pineapple Fluff	11 Lasagna with Cheesy Garlic Bread or Pizza Fresh Seasonal Vegetables Italian Salad Mixed Fruit	12 Steak Fingers or Baked Chicken Hot Roll Creamy Mashed Potatoes Roasted Vegetables Berries & Cream	13 Chopped BBQ on Bun or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes, and Onions Choice of Fresh Fruit
16 Sub Sandwich with Choice of Chips or 3 Cheese Mac & Cheese with Mini Corn Dogs Sandwich Fixins' Seasoned Vegetables Fruit Salad	17 Tacos Lettuce & Tomatoes Homemade Salsa Spanish Rice Pinto Beans Fruit Cup	18 Cheesy Bread Sticks with Marinara Sauce or Pizza Seasoned Sweet Corn Garden Fresh Salad Fruit Cup	19 	20 Cheese Burger or Chicken Sandwich French Fries Lettuce, Pickles, and Tomatoes Choice of Fresh Fruit

intermediate

Sweet, Sweet Potatoes!

One of America's favorite dishes for Thanksgiving is sweet Potatoes. There are so many yummy ways to make them from mashed to fries to marshmallows on top! Sweet Potatoes are a great source of beta-carotene, which turns into vitamin A when eaten. Your eyes love vitamin A because it helps them to see at night and recognize colors. Consider saving some room on your plate for these yummy potatoes over Thanksgiving!



Happy Thanksgiving!



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are offered everyday.

BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Muffin & Yogurt	Breakfast Sandwich	Biscuits with Sausage	Cinnamon Rolls	Breakfast Pizza
Week 2	French Toast Sticks	Breakfast Taco	Pancake Wrap	Donuts	Banana Bread

Assistance available in English and Spanish. Please call 877-TEK-MEAL (877-839-6325) for help. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington, D.C., 20250-9410. Fax: (202) 690-7442. E-mail: program.intake@usda.gov. This institution is an equal opportunity provider.