



Allergens & Dietary Information:

B=Beef **D=Dairy** **E=Egg**
S=Soy **W=Wheat**



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Pancakes 2
 Turkey Sausage
 Applesauce

DESW

Tuesday

Meatloaf w/ gravy 3
 Mashed Potatoes
 Green Beans
 Pears
SW

Wednesday

Chicken Cheesesteak 4
 Sub
 Coleslaw
 Fruit Cocktail
DSW

Thursday

Turkey BLT Wrap 5
 w/ ranch
 Pasta Salad
 Peaches
DESW

Friday

Swedish meatballs w/ 6
 Egg noodles
 Broccoli
 Peaches
BDESW

Chicken Tenders 9
 Cauliflower & Broccoli
 Orange slices

SW

Beef Taco w/ lettuce 10
 Tomato, cheese
 Corn
 Tropical Fruit
BDSW

Hot open-face turkey 11
 Sandwich w/ gravy
 Carrots
 Peaches
DSW

Baked Ziti 12
 Fresh Green Beans
 Apple Slices
DESW

Pizza 13
 Cucumber slices
 Carrots Sticks
 Bananas
DSW

Waffles 16
 Turkey Sausage
 Applesauce

DESW

Sloppy Joe on a 17
 Whole Wheat Bun
 Carrots
 Fruit Cocktail
BSW

Macaroni & Cheese 18
 Mixed Vegetables
 Pears
DSW

Chicken Fajitas w/ 19
 Flour Tortilla
 Black Beans
 Mandarin Oranges
SW

Thanksgiving Feast 20
 Turkey w/ gravy, stuffing
 Green beans, rolls
 Apple or Pumpkin Pie
DESW

Hamburger on whole 23
 Wheat bun
 Tater Tots
 Orange Slices
BSW

Teriyaki Chicken and 24
 Rice
 Asian Vegetables
 Pineapple
SW

Chicken Parmesan 25
 Garlic Breadstick
 Cauliflower
 Apple Slices
DSW

26
School & Offices Closed

27
School & Offices Closed

French Toast 30
 Turkey Sausage
 Applesauce

DESW

