



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cheeseburger on a Bun General Tso Chicken over Rice Autumn Harvest Salad</p> <p>Baby Carrots w/ Ranch Glazed Carrots Applesauce Cup</p>	<p>4</p> <p>Chicken Quesadilla w/ Sour Cream and Salsa Buffalo Chicken Nachos</p> <p>Celery Sticks Baked Beans 100% Apple Juice</p>	<p>5</p> <p>Chicken and Waffles w/Syrup and Bacon French Toast Sticks w/ Bacon Autumn Harvest Salad</p> <p>Pepper Slices Tri Patty Taters Strawberry Cups</p>	<p>6</p> <p>Cheesesteak on a Roll Mac & Cheese</p> <p>Cucumber Coins Green Beans 100% Apple Juice</p>	<p>7</p> <p>12:15 Dismissal Cheeseburger on a Bun</p> <p>Lays Chips 100% Apple Juice</p>
<p>10</p> <p>NO SCHOOL TEACHERS IN SERVICE</p>	<p>11</p> <p>Beef Tacos on Soft Tortillas Nachos Grande with Tortilla Chips</p> <p>Celery Sticks Buttered Corn 100% Apple Juice</p>	<p>12</p> <p>Sausage, Egg, and Cheese on an English Muffin Mini Pancakes with Sausage Patty Chicken Ceaser Salad</p> <p>Pepper Slices Hash Brown Potato Fresh Cucumber Slices</p>	<p>13</p> <p>Chicken Patty on a Bun Pasta w/ Meat Sauce</p> <p>Cucumber Coins Poppin Peas 100% Apple Juice</p>	<p>14</p> <p>Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Chicken Ceaser Salad</p> <p>Veggie Patch Side Salad Fruit Cup</p>
<p>17</p> <p>Italian Dunkers Ribeque on a Roll Garden Salad w/ Cheese</p> <p>Baby Carrots w/ Ranch Oven Fries Applesauce Cup</p>	<p>18</p> <p>Cheeseburger Fries Walking Taco w/ Fixings</p> <p>Celery Sticks Green Beans 100% Apple Juice</p>	<p>19</p> <p>PTA THANKSGIVING LUNCHEON</p>	<p>20</p> <p>NO SCHOOL TEACHERS CONFERENCES</p>	<p>21</p> <p>Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p>Veggie Patch Side Salad Fruit Cup</p>
<p>24</p> <p>Hot Turkey Sandwich Chicken & Mashed Potato Bowl with Roll Crispy Chicken Salad</p> <p>Baby Carrots w/ Ranch Mashed Potatoes Peach Cup</p>	<p>25</p> <p>Chicken & Cheese Quesadilla Bacon Cheeseburger on a Roll</p> <p>Celery Sticks Steamed Corn 100% Apple Juice</p>	<p>26</p> <p>12:15 EARLY DISMISSAL NO LUNCH SERVED</p>	<p>27</p> <p>NO SCHOOL HAPPY THANKSGIVING</p>	<p>28</p> <p>NO SCHOOL HAPPY THANKSGIVING</p>

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, chocolate, and strawberry

Daily Alternates

- Pizza Crunchers
- Chicken Nuggets w/ Goldfish
- Bagel w/ Yogurt, and Cheese Stick
- Cereal w/ Yogurt, and Cheese Stick

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

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Meal Prices

Student Lunch	\$3.40
Reduced Lunch	\$0.00
Faculty Lunch	\$4.10

