



November 13-17 we are celebrating International week at the High School for our choices that week we will have Brats & Kraut (German), Sweet & Sour Chicken(Asian), Turkey & Gravy (American), Shepherd's Pie (UK) & Gyros (Greek)



Nutrition Tip: Did you know that Babies know when they have eaten enough. Help your children keep listening to their bodies as they grow. Remember to eat slowly and allow your stomach time to signal to your brain that you are getting full.

Monday

Tuesday

Wednesday

Thursday

Friday



Variety of Milk Served Daily

Rotini Hotdish or Cold Turkey & Cheese Sandwich, Lettuce Salad Steamed Sweet Corn Choice of Fruit Breadstixs 1

Cheesy Omelet Sausage Links American Fries Celery & Cucumbers Choice of Fruit Chocolate Bread 2

Mozzarella Dippers w/ Marinara Sauce Lettuce Salad Steamed Broccoli Choice of Fruit Ice Cream 3

Chicken Nuggets Mashed Potatoes Sweet Tender Corn Choice of Fruit 6

Orange Chicken oven Rice or Tuna Salad Middle/High Elem: Mac & Cheese Veggies & Dip Steamed Green Beans Choice of Fruit 7

Tator Tot Hotdish or PB&J Uncrustable Peas & Carrots Lettuce Salad Choice of Fruit Breadstixs 8

Pulled Pork or PB&J Uncrustable French Fries Baked Beans Steamed Carrots Choice of Fruit 9

Cheesy Pizza Rice w/ Cinnamon & Sugar Fresh Veggies & Dip Steamed Broccoli Choice of Fruit 10

Chicken Nuggets Mashed Potatoes Sweet Tender Corn Choice of Fruit 13
Senior High/ Brats & Kraut

Sloppy Joes on Bun or PB&J Uncrustable French Fries Fresh Veggies & Dip Choice of Fruit 14
Senior High/ Sweet & Sour

Turkey & Gravy Mashed Potatoes Steamed Corn Choice of Fruit Pumpkin Pie Dinner Roll 15

Cheese Quesadilla Pizza w/Yogurt Cup Lettuce Salad Steamed Luscious Carrots Choice of Fruit 16
Senior High/ Shepherd's Pie

Chicken Pattie on Bun Cheesy Potatoes Delicious Steamed Broccoli Choice of Fruit 17
Senior High/ Greek Gyros

Cheeseburger on Bun French Fries Amazing Steamed Carrots Choice of Fruit 20

Mini Corn Dogs Chip Bag Baked Beans Choice of Fruit Snack Bag 21

No School 22

No School 23

No School 24

Hot Dog on Bun Cheesy Potatoes Baked Beans Veggies & Dip Choice of Fruit 27

Cheesy Nacho w/ Chips or Ham & Cheese Sandwich Wonderful Green Beans Lettuce Salad Choice of Fruit 28

Meaty Lasagna or PB&J Uncrustable Lettuce Salad Steamed Green Beans Choice of Fruit Breadstixs 29

Potato Bar Midd/High w/ all the Fixins & Breadstix Elem: Chicken Nuggets Mashed Potatoes Steamed Corn Choice of Fruit 30

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