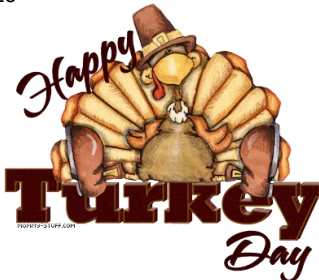




November Lunch Menu *Meals Subject to Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Average
<p>Skim White, Skim Chocolate, and 1% White Milk available daily.</p> <p>A variety of low-fat or fat-free condiments (ranch, French, mustard, ketchup, BBQ, honey mustard) are available daily.</p> <p>All breads, tortillas, pancakes, pastas etc. are whole grain rich</p>		<p>1 Choice A Chicken Nuggets WG Pretzel Stick Orange Wedges Romaine Salad w/ Tomatoes</p> <p>Choice B String Cheese & Crackers Orange Wedges Romaine Salad w/ Tomatoes</p>	<p>2 Choice A Soft Shell Taco Beef & Shredded Cheese Black Bean Salsa Fresh Apple Slices Giant Goldfish Graham Cracker</p> <p>Choice B Bean & Cheese Burrito Black Bean Salsa Carrot Sticks Fresh Apple Slices Giant Goldfish Graham Cracker</p>	<p>3 FRANK & WILSON EAT</p>	<p>Calories 587.29</p> <p>Saturated Fat 9.00%</p> <p>Sodium 906.59 mg</p>
<p>6 Choice A Mini Corn Dogs Tator Tots Chilled Fruit Fresh Broccoli</p> <p>Choice B Pancakes, Syrup Veggie Sausage Patty Tator Tots Chilled Fruit Fresh Broccoli</p>	<p>7 Cheese Pizza Cherry Tomatoes Celery Sticks Pineapple Tidbits</p>	<p>8 Pizza Dippers With Marinara Apple Slices Bean Salad</p>	<p>9 Choice A Shells w/ Meat Sauce Romaine Salad Fresh Pear Happy Birthday Cupcake</p> <p>Choice B Shells w/ Marinara Sauce Shredded Mozzarella Cheese Romaine Salad Fresh Pear Happy Birthday Cupcake</p>	<p>10 *Ham & Cheese Sandwich Carrots Coins Zucchini Coins Chilled Fruit</p> <p>No Vegetarian Menu</p>	<p>Calories 595.34</p> <p>Saturated Fat 9.00%</p> <p>Sodium 938.34 mg</p>
<p>13 Choice A Ravioli Celery Sticks Cherry Tomatoes Diced Pears WG Pretzel Stick</p> <p>Choice B Mini Cheese Pizza Bagels Celery Sticks Cherry Tomatoes Diced Pears</p>	<p>14 Choice A Hamburger on MG Bun Tator Tots Carrot Coins Apple Slices</p> <p>Choice B Veggie Burger on MG Bun Tator Tots Carrot Coins Apple Slices</p>	<p>15 Choice A Chicken Nuggets Corn Bean Salad Orange Wedges</p> <p>Choice B Grilled Cheese Tator Tots Bean Salad Orange Wedges</p>	<p>16 Choice A Chicken Teriyaki over Rice Fresh Broccoli Carrots Coins Grapes Giant Goldfish Graham Cracker</p> <p>Choice B Sunbutter Sandwich Fresh Broccoli Carrots Coins Grapes Giant Goldfish Graham Cracker</p>	<p>17 Turkey & Cheese Sandwich Zucchini Coins Cherry Tomatoes Chilled Fruit</p> <p>No Vegetarian Menu</p>	<p>Calories 583.81</p> <p>Saturated Fat 8.00%</p> <p>Sodium 1019.59 mg</p>
<p>20 Topsy Turvy French Toast Sticks Tator Tots Syrup Chilled Fruit Celery Sticks</p>	<p>21 Cheese Pizza Carrots Coins Fresh Broccoli Apple Slices</p>	<p>22 No Frank/Wilson District Wide 1/2 Day No Lunches Served</p>	<p>23 </p>	<p>24 District Closed</p>	
<p>27 WG Cheese Quesadilla Black Bean Salsa Fresh Broccoli Strawberry Cup</p>	<p>28 Cheese Pizza Romaine Salad Cherry Tomatoes Chilled Peaches</p>	<p>29 Topsy Turvy Yogurt Pancakes & Syrup Apple Slices Carrot & Celery Sticks</p>	<p>30 Choice A Chicken and Gravy Mashed Potatoes Fresh Pear Celery Sticks Giant Goldfish Cracker Happy Birthday Cupcake</p> <p>Choice B Southwest Veggie Bowl Fresh Pear Celery Sticks Giant Goldfish Graham Cracker Happy Birthday Cupcake</p>	<p>*Contains Pork ++Contains Sesame</p>	