

### MONDAY

**2**

**Main Entrees**

- Chicken Parmesan
- Fresh Celery Sticks
- Fresh Banana

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

### TUESDAY

**3**

**Main Entrees**

- Tuna Salad Sub
- Fresh Carrots
- Applesauce

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

### WEDNESDAY

**4**

**Main Entrees**

- Whole Grain French Toast Sticks
- Fresh Broccoli Florets
- Syrup
- Fresh Red Delicious Apple
- Corn & Black Bean Salsa Salad

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

### THURSDAY

**5**

**Main Entrees**

- Chicken Parmesan
- Fresh Celery Sticks
- Applesauce

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

### FRIDAY

**6**

**Main Entrees**

- Tuna Salad Sub
- Fresh Carrots
- Fresh Banana
- Corn & Black Bean Salsa Salad

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

**9**

**Main Entrees**

- Classic Chicken Sandwich
- Sesame Soy Roasted Carrots
- Chilled Peaches

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

**10**

**Main Entrees**

- BBQ Pulled Pork Sandwich
- Crinkle Cut French Fries
- Applesauce

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

**11**

**Main Entrees**

- Chicken Pasta Alfredo
- Fresh Broccoli Florets
- Fresh Red Delicious Apple
- Citrus Kidney & Garbanzo Bean Salad

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

**12**

**Main Entrees**

- Classic Chicken Sandwich
- Sesame Soy Roasted Carrots
- Chilled Peaches

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

**13**

**Main Entrees**

- BBQ Pulled Pork Sandwich
- Crinkle Cut French Fries
- Applesauce
- Citrus Kidney & Garbanzo Bean Salad

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

**16**

**Main Entrees**

- Chicken Nuggets
- Crinkle Cut French Fries
- Sweet Mustard Dressing
- Fresh Red Delicious Apple
- Corn & Black Bean Salsa Salad

**Sides for All Meals**

- Dinner Roll
- 1% Low-fat Milk
- Chocolate Skim Milk

**17**

**Main Entrees**

- Rotini Tossed in Italian Meat Sauce
- Orange Glazed Carrots
- Fruit Cocktail

**Sides for All Meals**

- Dinner Roll
- 1% Low-fat Milk
- Chocolate Skim Milk

**18**

**Main Entrees**

- Macaroni and Cheese
- Fresh Broccoli Florets
- Unsweetened Applesauce

**Sides for All Meals**

- Dinner Roll
- 1% Low-fat Milk
- Chocolate Skim Milk

**19**

**Main Entrees**

- Chicken Nuggets
- Crinkle Cut French Fries
- Sweet Mustard Dressing
- Fresh Red Delicious Apple
- Corn & Black Bean Salsa Salad

**Sides for All Meals**

- Dinner Roll
- 1% Low-fat Milk
- Chocolate Skim Milk

**20**

**Main Entrees**

- Rotini Tossed in Italian Meat Sauce
- Orange Glazed Carrots
- Fruit Cocktail

**Sides for All Meals**

- Dinner Roll
- 1% Low-fat Milk
- Chocolate Skim Milk

**23**

**Main Entrees**

- Chicken Parmesan
- Fresh Celery Sticks
- Fresh Banana

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

**24**

**Main Entrees**

- Tuna Salad Sub
- Fresh Carrots
- Applesauce

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

**25**

No School

**26**

Thanksgiving - No School

**27**

No School

**30**

**Main Entrees**

- Classic Chicken Sandwich
- Sesame Soy Roasted Carrots
- Chilled Peaches

**Sides for All Meals**

- 1% Low-fat Milk
- Chocolate Skim Milk

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### MONDAY

**2**

**Main Entrees**

- Cinnamon Toast Crunch Cereal
- Honey Graham Crackers

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Red Delicious Apple

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

### TUESDAY

**3**

**Main Entrees**

- Banana Muffin
- Low Fat Mozzarella String Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Chilled Peaches

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

### WEDNESDAY

**4**

**Main Entrees**

- Bagel
- Low Fat Mozzarella String Cheese
- Light Cream Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Orange Wedges

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

### THURSDAY

**5**

**Main Entrees**

- Cinnamon Toast Crunch Cereal
- Honey Graham Crackers

**Sides for All Meals**

- Assorted Fruit Juice
- Chilled Peaches

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

### FRIDAY

**6**

**Main Entrees**

- Banana Muffin
- Low Fat Mozzarella String Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Banana

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**9**

**Main Entrees**

- Reduced Sugar Trix
- Honey Graham Crackers

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Red Delicious Apple

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**10**

**Main Entrees**

- Golden Grahams Cereal Bar
- Low Fat Mozzarella String Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Fruit Cocktail

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**11**

**Main Entrees**

- Bagel
- Low Fat Mozzarella String Cheese
- Light Cream Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Orange Wedges

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**12**

**Main Entrees**

- Reduced Sugar Trix
- Honey Graham Crackers

**Sides for All Meals**

- Assorted Fruit Juice
- Fruit Cocktail

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**13**

**Main Entrees**

- Golden Grahams Cereal Bar
- Low Fat Mozzarella String Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Banana

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**16**

**Main Entrees**

- Lucky Charms
- Honey Graham Crackers
- Syrup

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Red Delicious Apple

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**17**

**Main Entrees**

- Golden Grahams Cereal Bar
- Low Fat Mozzarella String Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Chilled Diced Pears

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**18**

**Main Entrees**

- Bagel
- Low Fat Mozzarella String Cheese
- Light Cream Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Orange Wedges

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**19**

**Main Entrees**

- Lucky Charms
- Honey Graham Crackers

**Sides for All Meals**

- Assorted Fruit Juice
- Chilled Diced Pears

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**20**

**Main Entrees**

- Golden Grahams Cereal Bar
- Low Fat Mozzarella String Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Banana

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**23**

**Main Entrees**

- Golden Grahams Cereal Bar
- Honey Graham Crackers

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Red Delicious Apple

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**24**

**Main Entrees**

- Reduced Sugar Trix
- Low Fat Mozzarella String Cheese

**Sides for All Meals**

- Assorted Fruit Juice
- Applesauce

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

**25**

No School

**26**

Thanksgiving - No School

**27**

No School

**30**

**Main Entrees**

- Cinnamon Toast Crunch Cereal
- Honey Graham Crackers

**Sides for All Meals**

- Assorted Fruit Juice
- Fresh Red Delicious Apple

**Milk & Condiments**

- 1% Low-fat Milk
- Chocolate Skim Milk

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