



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
3 Grilled Cheese Sandwich (V) Turkey Ham & Cheese Sandwich FEATURED VEGGIES Red Pepper Strips Cucumber Slices	4 Nachos Grande Soft Pretzel Craveable (V) FEATURED VEGGIES Bean Salad Golden Corn	5 French Toast Sticks with Sausage Patties Soft Pretzel Craveable (V) FEATURED VEGGIES Hash Browns Green Pepper Strips	6 No School	7 No School	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, FF Chocolate, FF Strawberry, Lactaid Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps Sun Butter & Jelly Sandwich November is National Pepper Month November is National Bread Month November 3 - National Sandwich Day November 14 – National Pickle Day November 25 – Thanksgiving Lunch (V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
10 Popcorn Chicken with Goldfish Chef Salad with Dinner Roll FEATURED VEGGIES French Fries Baby Carrots		12 Egg & Cheese Waffle Flatbread Sandwich (V) Chef Salad with Dinner Roll FEATURED VEGGIES Cherry Tomatoes Cucumber Slices	13 Chicken Patty on a Bun Chef Salad with Dinner Roll FEATURED VEGGIES Mashed Potatoes Romaine Salad	14 Pizza (V) Chef Salad with Dinner Roll Pickles on the side FEATURED VEGGIES Side Salad Green Beans	
17 Chicken Nuggets with a Roll Yogurt Craveable (V) FEATURED VEGGIES Oven Fries Red Pepper Strips	18 Macaroni & Cheese (V) Yogurt Craveable (V) FEATURED VEGGIES Roasted Zucchini Caesar Salad	19 Hot Dog on a Roll Yogurt Craveable (V) FEATURED VEGGIES Baked Beans Green Pepper Strips	20 BBQ Pulled Chicken Sandwich Yogurt Craveable (V) FEATURED VEGGIES Tator Tots Steamed Corn	21 Pizza (V) Yogurt Craveable (V) FEATURED VEGGIES Side Salad Celery Sticks	
24 Cheeseburger on a Roll Walking Taco Craveable FEATURED VEGGIES Carrot Sticks Steamed Broccoli	25 Thanksgiving Lunch Turkey with Gravy and a Dinner Roll FEATURED VEGGIES Mashed Potatoes Green Beans	26 Chef's Choice		28 No School	

Café Contact:

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Meal Prices

Student Lunch Free
Faculty Lunch \$5.00

