



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pizza Sticks/Sauce Green Beans Fresh Apple Teddy Grahams Milk-Variety	2 Hot Turkey Sandwich Mashed Potatoes/Gravy Fruit Cocktail Milk- Variety	3 Mini Corn Dogs Carrot Sticks/Ranch Orange Smiles Pudding Cup Milk-Variety
11/1-11/3: Calories: 638 Sodium: 1187 mg Carbohydrates: 89.54 g Sat Fat: 6.3 g				
6 French Toast Sticks/Syrup Sausage Patty Hash Brown Apple Juice Milk-Variety	7 Stuffed Crust Pizza Fresh Cauliflower/Ranch Peaches Milk-Variety	8 Quesadilla/Salsa Black Beans/Corn Fresh Grapes Milk – Variety	9 Ravioli and Garlic Bread Garden Salad/Ranch Fresh Apple Milk – Variety	10 Submarine Sandwich & Sun Chips Red Pepper Strips Orange Smiles Milk – Variety
Average 11/6 – 11/10: Calories: 644 Sodium: 1133 mg Carbohydrates: 80.91 g Sat Fat: 6.4 g				
13 Chicken and Waffles Celery Sticks/Ranch Carrot Sticks Peaches Milk-Variety	14 <u>BirthDay Celebration</u> Hamburger on a Bun Steamed Broccoli Orange Smiles Birthday Treat! Milk-Variety	15 Early Dismissal No Lunch Served	16 Salisbury Steak Mashed potatoes/gravy Wheat Roll Applesauce Milk-Variety	17 Corn Dog Carrot Sticks/Ranch Pineapple Tidbits Milk-Variety
Average 11/13 – 11/17: Calories: 630 Sodium: 834 mg Carbohydrates: 93.57 g Sat Fat: 2.4 g				
20 Chicken Wrap Snax Romaine Lettuce/Ranch Peaches Milk – Variety	21 Bosco Sticks/Marinara Green Beans Yogurt Fruit Cup Milk-Variety	22 No School	23 No School	24 No School
Average 11/20 – 11/24: Calories: 619 Sodium: 1063 mg Carbohydrates: 85.62 g Sat Fat: 7.1 g				
27 Chicken Patty on a Bun Steamed Cauliflower Pears Pudding Cup Milk – Variety	28 Flatbread Pizza Steamed Carrots Pineapple Tidbits Milk – Variety	29 Hamburger on a Bun Baked Beans Fresh Grapes Milk-Variety	30 Chicken Nuggets Mashed Potatoes/Gravy Teddy Grahams Fresh Apple Milk-Variety	
Average 11/27 – 11/30: Calories: 651 Sodium: 1084 mg Carbohydrates: 90.02 g Sat Fat: 7.3 g				

Low Balance reminders will be sent via email on the last day of the week.

*Wow butter is produced in a peanut & tree-nut free environment.