

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

School Lunch Includes:
 Choice of Entrée: Protein and Whole Grains
 Self-Serve Salad Bar: Fruits and Vegetables (choose at least ½ cup)
 Choice of Milk: Low Fat White or Fat Free Chocolate



Galaxy Personal Pizza (Cheese* or Pepperoni) **5**
 Beef Hot Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*

Cheesy Bean Nachos* **6**
 Fish Sticks
 Bean & Cheese Burrito*
 Yogurt & Cheez-Its*

\$3.50 **HOLIDAY MEAL!** **7**
 Sliced Turkey Breast with Mashed Potatoes & Gravy, Dinner Roll, & Cranberry Sauce
 Grilled Cheese Sandwich*
 ~Holiday Star Cookie~

Orange Chicken with Rice
 Chicken Nuggets
 Salad with Sunflower Seeds & Croutons*
 Yogurt & Cheez-Its* **1**

Stuffed Crust Pizza Wedge (Cheese* or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers* **2**

Veteran's Day!

Cheesy Breadsticks with Marinara Sauce* **12**
 Hamburger
 Grilled Cheese Sandwich*
 Yogurt & Cheez-Its* **13**

Crispy Turkey Taco **14**
 Homestyle Chicken Drumstick
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 ~Whole Grain Cookie Treat~

Teriyaki Beef with Rice
 Chicken Nuggets
 Salad with Hard-Boiled Egg & Croutons*
 Yogurt & Cheez-Its* **8**

Stuffed Crust Pizza Wedge (Cheese* or Pepperoni)
 BBQ Pork Rib Sandwich
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers* **9**

Brunch for Lunch: French Toast & Sausage
 Teriyaki Chicken with Rice
 Salad with Cheese & Croutons*
 Yogurt & Cheez-Its* **15**

Stuffed Crust Pizza Wedge (Cheese* or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers* **16**

19 **20** **21** **22** **23**

Thanksgiving Break

Cheeseburger **26**
 Bean & Cheese Burrito*
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*

Haystack (Corn Chips, Ground Turkey, Beans & Cheese) **27**
 Macaroni & Cheese*
 Turkey & Cheese Deli Sandwich
 Yogurt & Cheez-Its*

Pasta with Meatballs, Cheese, & Garlic Toast **28**
 Galaxy Personal Pizza (Cheese* or Pepperoni)
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*

Orange Chicken with Rice
 Chicken Nuggets
 Salad with Sunflower Seeds & Croutons*
 Yogurt & Cheez-Its* **29**

Stuffed Crust Pizza Wedge (Cheese* or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers* **30**

Birthday Cupcakes!