



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie	31  Mini Chicken Tacos or Baked Potato Bar* Doritos	1  PROFESSIONAL DEVELOPMENT	2  Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	3 **BRUNCH FOR LUNCH** Cheese Omelet Crispy Potatoes* or Crispy Chicken Sandwich Cool Tropics Slushie
6 Chicken or Vegetable* Egg Roll & Rice or Cheesy Breadsticks* & Marinara Sauce	7 Chicken Drumstick & Potato Wedges or Cheese Quesadilla* Cinnamon Grahams	8 Orange Chicken & Rice or Nacho Cheese & Chips* Fortune Cookie	9 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	10  VETERANS DAY
13 Wild Mike's Pizza Wedge Pepperoni or Cheese*	14 Chicken Corn Dog & Tater Tots or Mini Cheese Ravioli*	15 Turkey & Gravy Mashed Potatoes or Zesty Chili* Corn Muffin	16 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	17  PROFESSIONAL DEVELOPMENT

20 21 22 23 24



Thanksgiving Break



27 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie	28 Mini Chicken Tacos or Baked Potato Bar* Doritos	29 Hot Dog (turkey) or Macaroni & Cheese*	30 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	1 **BRUNCH FOR LUNCH** Cheese Omelet Crispy Potatoes* or Crispy Chicken Sandwich
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SALAD BAR

Fruit	Fruit	Fruit	Fruit	Fruit
Seasonal Fruit 1/2 cup	Apple Slices 1/2 cup	Orange Smiles 1/2 cup	Fruit Cups 1/2 cup	100% Fruit Juice 4oz
Dark Green Veg Crisp Romaine 1/2 cup	Other Veg Garden Salad 1/2 cup	Dark Green Veg Crisp Romaine 1/2 cup	Other Veg Garden Salad 1/2 cup	Dark Green Veg Crisp Romaine 1/2 cup
Red/Orange Veg Mini Carrots 1/4 cup	Red/Orange Veg Cherry Tomatoes 1/4 cup	Red/Orange Veg Mini Carrots 1/4 cup	Red/Orange Veg Cherry Tomatoes 1/4 cup	Red/Orange Veg Mini Carrots 1/4 cup
Starchy Veg Sweet Corn 1/4 cup	Beans Kidney or Garbanzo 1/4 cup	Other Veg Broccoli 1/4 cup	Beans Kidney or Garbanzo 1/4 cup	Starchy Veg Green Peas 1/4 cup
Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Muffin* Applesauce or Raisins 100% fruit juice 4oz	Cinnamon Roll* Applesauce or Raisins 100% fruit juice 4oz	Crumb Square* Applesauce or Raisins 100% fruit juice 4oz	Dutch Waffle* Applesauce or Raisins 100% fruit juice 4oz	Mini Pancakes* Applesauce or Raisins 100% fruit juice 4oz

Also Available Daily at Breakfast:

-Cold Cereal, fruit, and milk

Also Available Daily at Lunch:

-Grilled Cheese Sandwich*

-WowButter & Jelly Sandwich *

-Yogurt & Granola*

-Veggie Lunchable* or Cheese and Fruit Cup*



* = Vegetarian Options

******Celebrate November Birthdays on the 1st with a fun treat!!******

BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% fruit juice, and milk

LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$0.50
 Lactose-Free milk available upon request

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

All meals meet USDA guidelines. Please keep student meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.