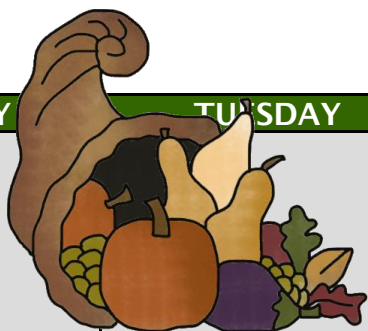


# November 2017

## HIGHLAND OAKS LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	2 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	3 PEPPERBELLIES CHEESE BREAD* TURKEY & HAM SANDWCH
6 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	7 BAKED PASTA ORANGE CHICKEN & RICE PASTRAMI SANDWICH	8 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*  WINTER SQUASH TASTING	9 MINIMUM DAY  SACK LUNCH	10 VETERAN'S DAY
13 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	14 SPAGHETTI TACOS ORANGE CHICKEN & RICE PASTRAMI SANDWICH	15 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	16 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	17 BAKED CHICKEN WITH MASHED POTATOES & GRAVY CHEESE BREAD* TURKEY & HAM SANDWCH  COOKIE
20 THANKSGIVING HOLIDAY	21 THANKSGIVING HOLIDAY	22 THANKSGIVING HOLIDAY	23 THANKSGIVING DAY	24 THANKSGIVING HOLIDAY
27 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	28 SPAGHETTI TACOS ORANGE CHICKEN & RICE PASTRAMI SANDWICH	29 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	30 COLLABORATION DAY  SACK LUNCH	



Harvest  
of the  
Month

Network for a Healthy California

### OFFERED DAILY:

1% LOWFAT MILK  
NONFAT CHOC. MILK  
FRESH FRUITS  
AND VEGETABLES

Choose at least 3  
components  
(meat, grain, milk, fruit  
or vegetable)

1 must be a fruit or  
vegetable

All meals are low sodium  
and all grains are whole  
grains!