

Monday	Tuesday	Wednesday	Thursday	Friday					
				1 No School					
4 No School	WG Pasta with choice of Meat or Marinara Sauce Steamed green beans Rainbow veggie bar WG garlic breadstick Fruit choice* Milk choice*	5	Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	6	WG Pancakes with Syrup Yogurt Cup Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*	7	WG Chicken Tenders WG Vegilicious Pasta Salad Oven baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice*	8	
Nachos Grande Assorted vegetable toppings Black bean and corn salsa Seasoned brown rice Fruit choice* Milk choice*	11	Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	12	WG Cheese Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	13	WG Chicken Sandwich Lettuce and tomato slices Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	14	WG Shrimp Basket Oven baked fries Steamed carrots Cucumber ranch salad Fruit choice* Milk choice*	15
Chicken Parmesan with WG Pasta Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	18	Loaded Beef Burrito Fresh fixings Black bean and corn salsa Seasoned brown rice Fruit choice* Milk choice*	19	WG French Toast Sticks Chicken Sausage Links Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*	20	All Beef Hotdog on WG Bun Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	21	WG Bosco Sticks and Marinara Caesar salad Rainbow veggie bar Fruit choice* Milk choice*	22
Mini Sampler Basket Oven baked sweet potato fries Rainbow veggie bar with hummus Fruit choice* Milk choice*	25	WG Cheese Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice	26	E-Learning Day No Meals	27	No school Thanksgiving Break	28	No school Thanksgiving Break	29

Cold Sandwich Choices:

Wheat PBJ Uncrustable (strawberry or grape) or Turkey and Cheese Sandwich on WG bread available daily. All include a fruit choice, a vegetable choice and a milk.

Salad Choice: Pre-made salads are available daily.

Salad meal includes a fruit choice, a whole grain bread choice and a milk.

Fruit Choice: At least one fresh fruit and one canned fruit choice will be served

Free Meals for All Students



- ◆ **Free Meals** All students enrolled in the school district can receive a free breakfast and a free lunch every day.
- ◆ Ala Carte items and all adult meals will be charged accordingly. Adult meals will be charged \$5.00 per meal.
- ◆ Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.