

Monday	Tuesday	Wednesday	Thursday	Friday
No School Teacher Prep Day	3 WG Chicken Tenders WG Vegilicious Pasta Salad Oven baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice*	4 Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	5 WG Pancakes with Fruit Toppings Yogurt Cup Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*	6 WG Bosco Sticks Marinara dipping sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
10 Beef 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*
17 Chicken Parmesan with WG Pasta Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	18 Chicken Burrito Bowl 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 Ooey Gooey WG Cheesebread Marinara dipping sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
24 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 No School Teacher Prep Day	27 No School Thanksgiving Break	28 No School Thanksgiving Break

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, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.25 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.