
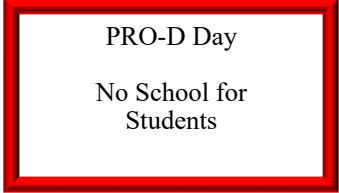


November Hot Menu 2018

Mon		Tue		Wed		Thu		Fri	
28	29	30	31	1 Lasagna Vanilla Yogurt and Granola Fruit Juice	2 Chicken Stir Fry w/ Honey garlic sauce Chow Mein noodles Caesar Salad Milk	3			
4	5 Macaroni and Cheese Grapes Fruit Juice	6 Vegetarian Chili and Cornbread Red Delicious Apple Chocolate Milk	7 Meatball Sub Cracked Wheat Bun Banana Milk	8 Southwest Chicken WW Burrito w/ Salsa Vanilla Yogurt and Granola Fruit Juice	9 Cheese Perogies with sour cream Caesar Salad Milk	10			
11		13 Beef Burger Cracked Wheat bun Leaf Lettuce Red Delicious Apple Chocolate Milk	14 Chicken Nuggets Dinner Roll Caesar Salad Milk	15 Pepperoni and Cheese WW Calzone Golden Delicious Apple Fruit Juice	16 Chicken Pot Pie Carrot sticks Milk	17			
18	19 Macaroni and Cheese Grapes Fruit Juice	20 Chicken Burger Cracked Wheat Bun Red Delicious Apple Chocolate Milk	21 Sweet & Sour Meatballs Brown rice and Vegetables Banana Milk	22 Bean and Cheese Quesadilla with Salsa Fresh Cut Fruit Salad Fruit Juice	23 	24			
25	26 Beef Dip Caesar Salad Fruit Juice	27 Hot Dog Day! Cracked Wheat bun Red Delicious Apple Chocolate Milk	28 Chicken fricassee Brown Rice Banana Milk	29 Lasagna Vanilla Yogurt and Granola Fruit Juice	30 Chicken Stir Fry w/ Honey garlic sauce Chow Mein noodles Caesar Salad Milk				
									Updated Oct 12/17