
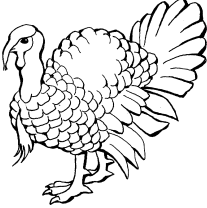


November 2024

LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Note:</p> <p>* Participating in sports can build your child up... or drag them down. Make athletics a positive experience for your youngster with these strategies: * Encourage them to set goals - but make sure goals are realistic. They might aim to touch the ball three times during a game or try a move that they've been working on. * Avoid comments about your youngster's size or body. Concentrate on the friends they are making, the places they are playing, and the effort they are putting forth ("I love how you tried to get the rebound").</p>					1	2
					NO SCHOOL	
3	4	5	6	7	8	9
	Beef & Bean Burrito Tortilla Chips (9-12) Tomato Salsa Romaine & Tomato Mexican Corn Fresh Banana Mandarin Orange (9-12) Milk	Stromboli Squares Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Peaches Blueberry (9-12) Milk	BBQ Beef on a Bun Fresh Snow Peas Baked Beans Summer Fruit Salad Royal Brownie Peach (9-12) Milk	Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi Applesauce (9-12) Milk	Country Style Beef Patty Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Steamed Broccoli Pineapple Pear (9-12) Milk	
10	11	12	13	14	15	16
	Hotdog on a Bun Roasted Red Potatoes Broccoli w/ Cheese Fresh Apple Slices Mandarin Orange (9-12) Milk	Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Sauteed Zucchini Tropical Fruit Oatmeal Cookie Apple (9-12) Milk	Spaghetti w/Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Fruit Cocktail (9-12) Milk	Walking Taco Tomato Salsa Refried Beans Cinnamon Puff (6-12) Raspberry Peach (9-12) Milk	Chicken & Noodles Whole Wheat Roll & Honey Mashed Potatoes Fresh Baby Carrots Fresh Grapes Mixed Berries (9-12) Milk	
17	18	19	20	21	22	23
	Mini Meatball Sub Ranch Potato Wedges Tossed Salad Peach Pear (9-12) Milk	BBQ Chicken Drumstick Whole Wheat Roll & Jelly Baked Beans Creamy Coleslaw Pear Grapes (9-12) Milk	White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fresh Banana Tropical Fruit (9-12) Milk	Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup Applesauce (9-12) Milk	Turkey Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Stuffing, Green Bean Casserole Pumpkin Bar Fresh Grapes Milk	
24	25	26	27	28	29	30
	Hot Ham & Cheese on a Bun Potato Wedges Broccoli Florets Fruit Cocktail Strawberry (9-12) Milk	Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Chocolate Chip Cookie Fruit Cocktail (9-12) Milk	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	