

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nacho Supreme w/All the Fixings ¹ Rice Pilaf Corn	Chicken Penne Garden Salad ² Breadstick	Western Burger on a Bun ³ Baked Sweet Potatoes Celery Sticks w/Dip	Home Made Pizza ⁴ Roasted Green Beans & Carrot Sticks
Buffalo Chicken Panini ⁷ BLT Pasta Salad Baby Carrots w/Dip	NO SCHOOL ⁸ PROFESSIONAL DEVELOPMENT DAY	Pasta w/ Meat Sauce or Marinara Sauce ⁹ Garden Salad Breadstick	Fish & Chips ¹⁰ Coleslaw WW Dinner Roll	Home Made Pizza ¹¹ Zucchini & Corn Saute Applesauce Cake
Steak & Cheese Sub ¹⁴ Roasted Peppers & Onions Sweet Potato Fries Green Beans	General Tso Chicken ¹⁵ Fried Rice Oriental Vegetables Fortune Cookie	Stuffed Shells w/Marinara Sauce ¹⁶ Garden Salad Breadstick	EARLY DISMISSAL ¹⁷ NO LUNCH SERVED	Home Made Pizza ¹⁸ Garden Salad
Hotdog on a bun ²¹ Oven Fries Baked Beans	Chicken Tenders ²² Zucchini Herb Casserole Garden Salad Gingerbread	EARLY DISMISSAL ²³ NO LUNCH SERVED	THANKSGIVING ²⁴	RECESS ²⁵
Toasted Cheese Sandwich ²⁸ Tomato Soup Crackers Veggie Platter w/Dip	Bacon Cheeseburger on Bun ²⁹ Oven Fries Lettuce/tomato Cups	Roasted Veggie Pasta Bake ³⁰ Garlic Breadstick Garden Salad	School Information: • All lunches include Entrée, Vegetable, Bread, Fruit or Juice and Choice of Milk. HS \$2.50- MS \$2.25.	

NUTRITION TIP: Calcium and Bone Health

- Many children and especially teenage girls do not get the recommended amount of calcium their bodies need each day²
- **MyPlate** states: The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.³



School Information:

- Alternates available daily; Assorted Deli Subs & Wraps, Salad w/Protein & Dinner Roll Or Bagel/yogurt Plate.