



**YOU'RE
GOOD**



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

Wednesday, November 1

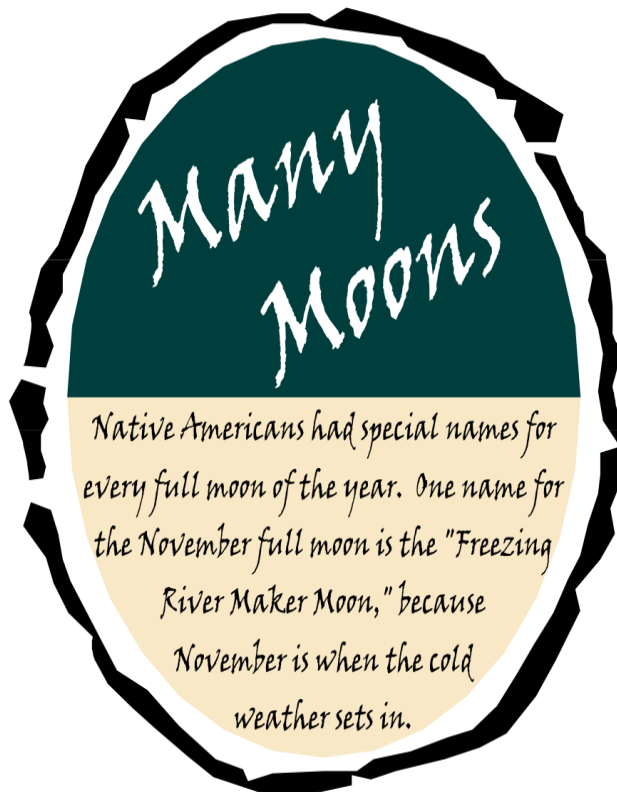
Line 1: Chicken Alfredo with Garlic Breadstick
Line 2: Pizza or Cheeseburger

Thursday, November 2

Line 1: Steak Burger with Baked Fries
Line 2: Pizza or Chicken Sandwich

Friday, November 3

Line 1: Beef & Cheddar Mac & Cheese
Line 2: Chicken Tenders with Baked Fries



Native Americans had special names for every full moon of the year. One name for the November full moon is the "Freezing River Maker Moon," because November is when the cold weather sets in.

Monday, November 6

Line 1: Chicken Tenders with Whipped Potatoes
Line 2: Pizza or Corn Dog Nuggets

Tuesday, November 7

Line 1: Double Burger with Baked Fries
Line 2: Pizza or Toasted Deli Hoagie

Wednesday, November 8

Line 1: General TSO's Chicken with Rice
Line 2: Hamburger with Baked Fries

Thursday, November 9

Line 1: Chicken Parmesan with Pasta
Line 2: Pizza or Breaded Chicken Fries

Friday, November 10

Line 1: BOSCO Sticks with Pizza Sauce
Line 2: Deli Hoagie or Chef Salad's

DON'T FORGET!



SUNDAY, NOV. 5

Breakfast:

Choose at least 3 of the 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times: 7:20am to 7:45am



Monday, November 13

Line 1: Chicken Sandwich with Waffle Fries

Line 2: Pizza or Toasted Deli Hoagie

Tuesday, November 14

Line 1: Soft Shell Beef Taco with Rice

Line 2: Pizza or Corn Dog Nuggets

Wednesday, November 15

Line 1: Pasta & Meatballs with Toasted Breadstick

Line 2: Chicken Tenders with Baked Fries

Thursday, November 16

Line 1: Twin Hot Dogs with Baked Tater Tots

Line 2: Pizza or Cheeseburger

Friday, November 17

Line 1: Pepperoni Roll with Pizza Sauce

Line 2: Deli Hoagie or Chef Salad's

DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Making a Complete Meal

A school lunch consist of 5 components: Protein, Vegetables, Grains, Fruit and Milk. Please choose at least 3 components to make a reimbursable meal.

Under the new guidelines, one of your selections must include a serving of fruit or vegetable.

*All lunches include choice of milk.

Monday, November 20

Line 1: Steak & Cheese Hoagie with Baked Fries

Line 2: Pizza or Chicken Sandwich

Tuesday, November 21

Line 1: BBQ Rib Hoagie with Mac & Cheese

Line 2: Pizza or Corn Dog Nuggets

Wednesday, November 22

Line 1: French Toast with Sausage & Potatoes

Line 2: Cheeseburger with Baked Fries

Tuesday, November 28

Line 1: Beef & Cheese Nachos

Line 2: Breaded Chicken Fries

Wednesday, November 29

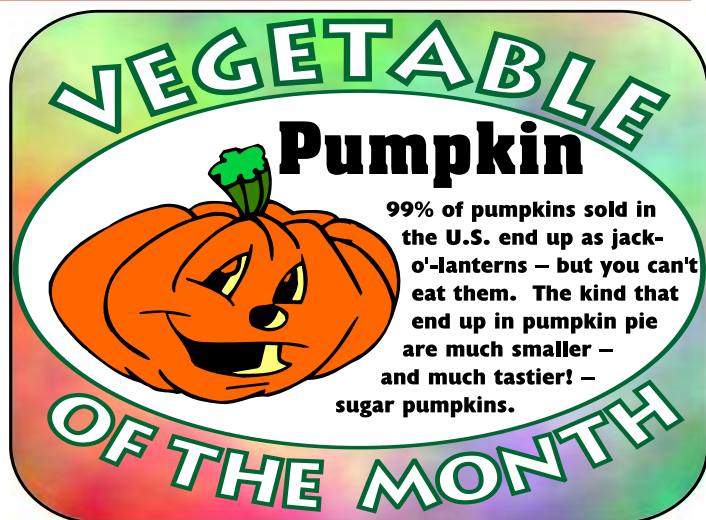
Line 1: Popcorn Chicken Bowl with Warm Biscuit

Line 2: Cheeseburger with Baked Fries

Thursday, November 30

Line 1: Grilled Cheese with Soup

Line 2: Pizza or Chicken Sandwich



Thursday, November 23 thru
Monday, November 27