

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

REVISED 11/13/18

**1**

- Hamburger or Cheeseburger on a Whole Wheat Roll
  - with Lettuce & Tomato
  - Potato Wedges
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Turkey & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**2**

- Wild Mike's Cheese or Peperoni Pizza
  - Garden Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Vegetable Sandwich  
 Yogurt Plate  
 Salad Bar

**5**

- Macaroni and Cheese with Popcorn Chicken
  - Mix Vegetable
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Tuna Sandwich  
 Yogurt Plate  
 Salad Bar

**6**

- Beef Taco
  - Shredded Cheese, Lettuce, Tomato & Salsa
  - Mexican Rice
  - Steamed Corn
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Turkey & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**7**

- Early Dismissal
  - Ham & Cheese or SunButter & Jelly
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Ham & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**8**

- BBQ Rib Sandwich
  - Sweet Potato Oven Fries
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Turkey & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**9**

- Bosco Sticks with Marinara Sauce
  - Romaine Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Vegetable Sandwich  
 Yogurt Plate  
 Salad Bar

**12**

No School

**13**

- Nacho Grande with Beef
  - Cheese Lettuce Tomato
  - Refried Beans
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Turkey & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**14**

- Hot Dog on Whole Wheat Roll
  - Baked Beans
  - Garden Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Ham & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**15**

- Chicken Teriyaki Bowl
  - Brown Rice
  - Mixed Vegetable
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Turkey & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**16**

- Wild Mike's Cheese or Peperoni Pizza
  - Spinach Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Vegetable Sandwich  
 Yogurt Plate  
 Salad Bar

**19**

- Swedish Meatballs w/ gravy
  - Egg Noodles
  - Steamed Peas
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Tuna Sandwich  
 Yogurt Plate  
 Salad Bar

**20**

- Beef Taco
  - Lettuce & Tomato
  - Shredded Cheese
  - Salsa (2tbsp)
  - Steamed Corn
  - Steamed Rice w/ Black Beans
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Turkey & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**21**

- Early Dismissal
  - Hamburger or Cheeseburger on a Whole Wheat Roll
  - with Lettuce & Tomato
  - Potato Wedges
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Ham & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**22**

No School

**23**

No School

**26**

- Chicken Patty on a Whole Wheat Roll
  - Potato Wedges
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Tuna Sandwich  
 Yogurt Plate  
 Salad Bar

**27**

- Nacho Grande with Beef
  - Cheese Lettuce Tomato
  - Refried Beans
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Turkey & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**28**

- WW Spaghetti with Meat Sauce
  - Whole Wheat Bread Stick
  - Garden Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Ham & Cheese Sandwich  
 Yogurt Plate  
 Salad Bar

**29**

- Popcorn Chicken Bowl
  - Mashed Potato
  - Gravy
  - Whole Kernel Corn
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Chocolate Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Turkey & Cheese Sandwich  
 Yogurt Plate

**30**

- Bosco Sticks with Marinara Sauce
  - Spinach Salad
  - Assorted Veggie Cups
  - Assorted Fruit Cups
  - 1% Low Fat Milk
  - Fat Free Unflavored Milk
- Alternate Meal**  
**Specialty Sandwich**  
 Vegetable Sandwich  
 Yogurt Plate  
 Salad Bar