





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			1 Fall Break	2 Fall Break
5 Asian Chicken Whole Grain Brown Rice Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	6 Shredded BBQ Turkey Sandwich on a Whole Grain Bun Baked Beans Seasonal Lunch Fruit Choice of Milk	7 Cheeseburger on a Whole Grain Bun with Ketchup Roasted Cinnamon Sweet Potatoes Seasonal Lunch Fruit Choice of Milk	8 Harvest Chicken Salad on a Whole Grain Roll Or Kid's Classic Whole Grain Chicken Nuggets with BBQ Sauce and Assorted Graham Cracker Steamed Corn Seasonal Lunch Fruit Choice of Milk	9 Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk
12 NEW! All Natural Whole Grain Corn Dog with Ketchup Cheddar Goldfish Cracker Steamed Carrots Seasonal Lunch Fruit Choice of Milk	13 Philly Cheesesteak Sandwich on a Whole Grain Bun with Mozzarella Cheese Steamed Corn Seasonal Lunch Fruit Choice of Milk	14 Domino's WG Cheese Pizza Romaine Salad and Ranch Dressing Seasonal Lunch Fruit Choice of Milk	15 Celebrate! 1st ANNUAL WT CHILI LUNCH  Homemade Chili with Cheese Whole Grain Cornbread Whole Grain Pasta Seasonal Lunch Fruit Choice of Milk	16 Chicken Fajitas on Whole Grain Tortillas Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk
19 Roasted Turkey with Gravy Whole Grain Biscuit Mashed Potatoes Steamed Green Beans Fresh Apple Choice of Milk	20 Beef and Cheese Burrito Taco Sauce Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk	21 Build Your Own Sub Turkey Ham, Shredded Lettuce, Cheese on a Whole Grain Roll with Mayo Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk Rice Krispies Treat	22 MCFI CLOSED THANKSGIVING BREAK	23 MCFI CLOSED THANKSGIVING BREAK
26 Asian Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	27 Whole Grain Cheese Ravioli with Mozzarella Cheese Whole Grain Breadstick Assorted Graham Cracker Romaine Salad with Ranch Seasonal Lunch Fruit Choice of Milk	28 Celebrate! NATIONAL FRENCH TOAST DAY! Brunch for Lunch Whole Grain French Toast Sticks (3) with Syrup Breakfast Chicken Sausage (1) Yogurt Cup Sunset Sip Juice Seasonal Lunch Fruit Choice of Milk 	29 Grilled Chicken and Romaine on a Whole Grain Tortilla with Ranch Or Kid's Classic WG Cheese Calzone with Marinara Dipping Sauce Steamed Corn Seasonal Lunch Fruit Choice of Milk	30 Sloppy Joe on a Whole Grain Bun Baked Beans Seasonal Lunch Fruit Choice of Milk