





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  MENU SUBJECT TO CHANGE			<b>1</b>  Fall Break	<b>2</b>  Fall Break
<b>5</b>  Asian Chicken Whole Grain Brown Rice Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	<b>6</b>  Shredded BBQ Turkey Sandwich on a Whole Grain Bun Baked Beans Seasonal Lunch Fruit Choice of Milk	<b>7</b>  Cheeseburger on a Whole Grain Bun with Ketchup Roasted Cinnamon Sweet Potatoes Seasonal Lunch Fruit Choice of Milk	<b>8</b>  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	<b>9</b>  Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk
<b>12</b> NEW! All Natural Whole Grain Corn Dog with Ketchup Cheddar Goldfish Cracker Steamed Carrots Seasonal Lunch Fruit Choice of Milk	<b>13</b>  Philly Cheesesteak Sandwich on a Whole Grain Bun with Mozzarella Cheese Steamed Corn Seasonal Lunch Fruit Choice of Milk	<b>14</b>  Domino's WG Cheese Pizza Romaine Salad and Ranch Dressing Seasonal Lunch Fruit Choice of Milk	<b>15</b>  Celebrate! <b>1<sup>st</sup> ANNUAL WT CHILI LUNCH</b>   Homemade Chili with Cheese Whole Grain Cornbread Whole Grain Pasta Seasonal Lunch Fruit Choice of Milk	<b>16</b>  Chicken Fajitas on Whole Grain Tortillas Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk
<b>19</b>  Roasted Turkey with Gravy Whole Grain Biscuit Mashed Potatoes Steamed Green Beans Fresh Apple Choice of Milk	<b>20</b>  Beef and Cheese Burrito Taco Sauce Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk	<b>21</b>  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	<b>22</b>  MCFI CLOSED  THANKSGIVING BREAK	<b>23</b>  MCFI CLOSED  THANKSGIVING BREAK
<b>26</b>  Asian Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	<b>27</b>  Whole Grain Cheese Ravioli with Mozzarella Cheese Whole Grain Breadstick Assorted Graham Cracker Romaine Salad with Ranch Seasonal Lunch Fruit Choice of Milk	<b>28</b>  Celebrate! <b>NATIONAL FRENCH TOAST DAY!</b>  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  	<b>29</b>  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	<b>30</b>  Sloppy Joe on a Whole Grain Bun Baked Beans Seasonal Lunch Fruit Choice of Milk