





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