





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