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| **November 2019**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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| **Date** | **1** | **2** | **3** |
| **Nov 4** |  |  |  |
| **Nov 5** |  |  |  |
| **Nov 6** |  |  |  |
| **Nov 7** |  |  |  |
| **Nov 8 \*\*** |  |  |  |
| **Nov 11** |  |  |  |
| **Nov 12** |  |  |  |
| **Nov 13** |  |  |  |
| **Nov 14** |  |  |  |
| **Nov 15 \*\*** |  |  |  |
| **Nov 18** |  |  |  |
| **Nov 19** |  |  |  |
| **Nov 20** |  |  |  |
|  **Nov 21** |  |  |  |
| **Nov 22 \*\*** |  |  |  |
| **Nov 25** |  |  |  |
| **Nov 26** |  |  |  |
| **Nov 27** |  |  |  |
| **Nov 28** |  |  |  |
| **Nov 29 \*\*** |  |  |  |

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|  **A picture containing clipart  Description automatically generated** |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 4Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 5Breakfast for Lunch--Pancakes, Eggs, Lyonnaise Potatoes, Fresh FruitBaked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh FruitPasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit | 6Lean Ground Beef & Cheese Enchiladas, Rice & Beans, Fresh FruitCheese Enchiladas, Rice & Beans, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 7BBQ Chicken, Baked Beans, Corn Bread, Fresh FruitBBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 8Pulled Beef & Cheese Nachos, Black Beans, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 11**VETERAN’S DAY**A close up of a sign  Description automatically generated | 12Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitCheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 13Chicken Teriyaki Bowl (Chicken over Fried Rice), Steamed Veggies, Fresh FruitTeriyaki Chicken Sandwich, Steamed Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 14Lean Beef Burgers, Roasted Seasonal Veggies, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 15Fish Tacos w/Slaw, Roasted Potatoes, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.50 = \_\_\_\_\_\_\_\_

Paid by: check # \_\_\_\_\_\_\_

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is **$4.50**. A full menu for the month is **$76.50**
4. Tear off and return the completed form by **Friday, October 18th.**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 18Pasta w/Low Fat Alfredo Sauce w/Chicken, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Glazed Carrots, Fresh FruitBaked Quorn Nuggets, Glazed Carrots, Fresh Fruit | 19Lean Beef Tacos, Rice & Beans, Fresh FruitVeggie Crumble Tacos, Rice & Beans, Fresh FruitPasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 20Lemon Pepper Chicken w/Lo Mein Noodles, Steamed Veggies, Fresh FruitBuffalo Chicken & Blue Cheese Sandwich, Roasted Potatoes, Fresh FruitGrilled Cheese, Roasted Potatoes, Fresh Fruit | 21Turkey Meatball Sub, Roasted Seasonal Veggies, Fresh FruitTurkey Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 22Chicken Chop w/Saffron Rice, Black Beans, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 25Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitPasta Ponza Parmesan w/Turkey Crumbles, Roasted Seasonal Veggies, Fresh Fruit | 26Lean Beef Gyro w/Sautéed Tomatoes, Onions & Peppers, WW Pita Bread, Roasted Potatoes, Fresh FruitCheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh FruitCheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 27“Make Your Own Yummy...” Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit“Make Your Own Yummy...” Tofu Fajitas, Brown Rice, Black Beans, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 28**HAPPY****THANKSGIVING** | 29**NO YUMMYA picture containing clipart  Description automatically generated** **LUNCHES****Bring lunch from home** |