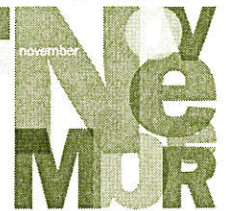



Happy Thanksgiving Day

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
BREAKFAST: Orange Juice Cereal Blueberry Muffin Milk LUNCH: Macaroni & Cheese WG Garlic Bread Black Eyed Peas Broccoli Fruits Milk SNACK: Bread Sticks w/ Cheese Dip	BREAKFAST: Fruits Bagel <i>Cream Cheese</i> Milk LUNCH: Chicken Nuggets Brown Rice Corn & Green Beans Fruits Broccoli Milk SNACK: Assorted Crackers Juice	BREAKFAST: Fruits Whole Wheat Toast <i>Butter & Jelly</i> Milk LUNCH: Salisbury Steak <i>Gravy</i> Whole Grain Bread Mashed Potatoes Peas and Carrots Fruits Milk SNACK: Fruits Milk	BREAKFAST: Fruits English Muffin <i>Butter & Jelly</i> Milk LUNCH: BBQ Chicken Brown Rice Red Beans Plantains Fruits Milk SNACK: Fruits Yogurt	BREAKFAST: Fruits Waffles <i>Syrup</i> Milk LUNCH: Cuban Sandwich (Pork, ham, Swiss Cheese, pickles) <i>Mayo & Mustard</i> Baked Sweet Potato Fries Tossed Salad & Ranch Fruits Milk SNACK: Oatmeal Cookies Milk
9	10	11	12	13
BREAKFAST: Blended 100% Juice Cereal Banana Bread Milk LUNCH: Chicken Fettuccine Alfredo WG Garlic Roll Ceasar Salad w/Tomatoes <i>Dressing</i> Fruits Milk SNACK: Graham Crackers Milk	BREAKFAST: Fruits Whole Grain Raisin Bread <i>Butter</i> Milk LUNCH: Shredded Cilantro Beef Brown Rice Black Bean Mixed Vegetables Fruits Milk SNACK: Tortilla Shredded Cheese	BREAKFAST: Seasonal Fresh Fruit Cereal Milk LUNCH: Chicken Fajitas w/ Sour Cream WW Flour Tortilla Shredded cheese Onions & Peppers Corn Fruits Milk SNACK: Animal Crackers Fruits	BREAKFAST: Fruits Pancakes Milk LUNCH: Spaghetti & Meat Sauce WG Garlic Bread Green Salad & Tomatoes Low fat Dressing Fruits Milk SNACK: Granola Bar (no peanuts) Milk	BREAKFAST: Fruits Cereal Milk LUNCH: Fish Sticks <i>ketchup</i> Brown Rice Green Peas Fruits Milk SNACK: Ass. WG Crackers Oranges Slices



Monday	Tuesday	Wednesday	Thursday	Friday
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16	17	18	19	20
BREAKFAST: Fruits Cereal Milk LUNCH: Roasted Pork Whole Grain Roll Mashed Potatoes Mixed Vegetable Fruits Milk SNACK: Yogurt Fruits	BREAKFAST: Fruits Blueberry Muffin Milk LUNCH: Chicken Strips Brown Rice Salad <i>dressing</i> Corn Fruit Milk SNACK: Cookies Milk	BREAKFAST: Fruits Cheese Toast Milk LUNCH: Picadillo (Beef) WG Roll Congri Green Peas Fruit Milk SNACK: Milk Fish Shaped Crackers	BREAKFAST: Grape Juice English Muffin <i>Cream Cheese & Jelly</i> Milk LUNCH: Baked Chicken Brown Rice Broccoli Fruits Milk SNACK: Animal Crackers Fruits	BREAKFAST: Fruits WG Toast w/Jelly Milk LUNCH: Cheeseburger Lettuce and Tomato <i>Mustard, Mayo, Ketchup</i> Carrots & Green Beans Sweet Potato Fries Fruits & Milk SNACK: Milk Assorted WG Crackers

23	24	25	26	27
BREAKFAST: Juice Fruits Cereal Milk LUNCH: Baked Chicken WW Roll <i>butter</i> Mashed Potatoes Peas & Carrots Fruit & Milk SNACK: Assorted Crackers Fruits	BREAKFAST: Fruits Whole Grain Bagel <i>Cream Cheese</i> Milk LUNCH: ** SPECIAL MENU THANKSGIVING ** SNACK: Yogurt Fruits	 Happy Thanksgiving		

30				
BREAKFAST: Fruits Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk LUNCH: Chicken Enchilada WW Bread Brown Rice Green Peas & Corn Fruits & Milk SNACK: Animal Crackers Fruits				

