


# November secondary

Milk, Chef Salad, and a Grab N' Go will be offered with every meal.

## Sweet, Sweet Potatoes!

One of America's favorite dishes for Thanksgiving is sweet Potatoes. There are so many yummy ways to make them from mashed to fries to marshmallows on top! Sweet Potatoes are a great source of beta-carotene, which turns into vitamin A when eaten. Your eyes love vitamin A because it helps them to see at night and recognize colors. Consider saving some room on your plate for these yummy potatoes over Thanksgiving!



Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Spaghetti with Breadstick or Choice of Pizza Steamed Vegetables Garden Fresh Salad Fruit Cup	5 Tacos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomatoes Oranges Smiles	6 Sub Sandwich or Cheese Sticks with Marinara Choice of Chips Baked Beans Lettuce & Tomato Berries & Cream	7 Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Green Beans Garden Fresh Salad Cinnamon Apple Sauce	8 Chili Dog or Cheese Burger Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
11 Chicken Parmesan with Garlic Toast or Choice of Pizza Steamed Vegetables Garden Fresh Salad Fruit Dessert	12 Quesadillas or Crispito Pinto Beans Street Corn Homemade Salsa Garden Fresh Salad Fruit Cup	13 Asian Bowl with Fried Rice or Popcorn Chicken Broccoli Normandy Garden Fresh Salad Fruit Salad	14 Smothered Steak or Chicken Strips Hot Roll Mashed Potatoes Sauteed Vegetables Garden Fresh Salad Mixed Fruit Cup	15 BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
18 Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Corn Garden Fresh Salad Fruit Cup	19 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Garden Fresh Salad Fresh Apple	20 	21 Chicken & Waffles or Chicken Strips Hot Roll Mashed Potatoes Steamed Vegetables Garden Fresh Salad Peach Crisp	22 Bacon Cheese Burger or Joe Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

# HAPPY THANKSGIVING!

## Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 11/4 & 11/18	Breakfast on Bun	Pancakes	Breakfast Taco	Biscuits & Gravy	Donut Holes
Week of 11/11	Pancake Wrap	Breakfast Pizza	Breakfast Bowl	Ham & Cheese Croissant	Yogurt Parfait & Muffin