

# NOVEMBER

## SECONDARY


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

### Sugar & Spice

Pumpkin season isn't over yet! Thanksgiving is filled with all things pumpkin. Below is a fun and easy recipe for pumpkin seeds.

1. Toss Pumpkin seeds in melted butter, sugar, cinnamon, nutmeg, and allspice.
2. Bake at 300 degrees until golden brown- around 30 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
October 31 <i>Happy Halloween!</i> Spaghetti w/ Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Green Beans Side Salad Fruit Cup	November 1 Nachos Refried Beans Spanish Rice Tossed Salad Homemade Salsa Fresh Apples	2 Country Bowl or Country Bucket Hot Roll Seasoned Vegetables Fruit Cup	3 Mini Corn Dogs or Croissantwich Macaroni & Cheese Seasoned Vegetables Carrot Dippers Fruit Cup	4 Chicken Sandwich or Bacon Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
7 Chicken Spaghetti with Breadsticks or Choice of Pizza Choice of Seasoned Vegetables Strawberries and Cream	8 Tacos or Crisпитos Rice & Beans Homemade Salsa Lettuce & Tomato Orange Smiles	9 Steak Fingers or Chicken Nuggets w/ Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	10 Cajun Bowl w/ Sausage & Beans or Hot Dog with Chips Steamed Broccoli Carrot Dippers Fruit Treat	11 Cheese Burger or BBQ Sub Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
14 Chicken Alfredo with Garlic Bread or Choice of Pizza Glazed Carrots Seasoned Vegetables Banana Sundaes	15 Totchos or Tornados Pinto Beans Spanish Rice Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	16 	17 Asian Bowl with Fried Rice or Popcorn Chicken Choice of Seasoned Vegetables Fruit Salad	18 Mexican Burger or Chicken Sandwich Basket with Fries Lettuce & Tomato 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 10/31 & 11/14	Waffles	Breakfast Pizza	Bacon & Eggs w/ Toast	Breakfast Taco	Ham & Cheese Croissant
Week of 11/7	Breakfast Sweet Roll	Pancake Wrap	Eggs & Sausage w/ Toast	Muffins w/ Yogurt	Biscuits & Gravy