


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Be Active!! Moving is one of the most important things you can do. Physical activity helps keep your body and mind healthy. After a challenging activity your heart is happy, your muscles are strong, your body looks fit, and most importantly you feel great!</p>	<p>2nd choice Daily Week 1 Elementary Breakfast - Cereal Lunch - Tue - Wed = PBJ Thurs = Pizza Friday = Chicken MS & HS Lunch choice #2 Calazone #3 Soup Bowl <u>All menu is subject to change.</u></p>	<p>1 Breakfast Breakfast Pizza Fresh Fruit, Milk Lunch Beef & Noodles Whip Potatoes Biscuit Green Beans/Peaches</p>	<p>2 Breakfast Oatmeal & Toast Peaches/Milk Lunch Orange Chicken Wild Rice Stir Fry Vegetable Strawberries cup</p>	<p>3 Breakfast Bis/Gravy Grapes/Milk Lunch Ham & Cheese Sandwich Chips /Apple Carrots Fruit by the Foot</p>
<p>2nd Choice Daily Week 2 Elementary Breakfast- Cereal Lunch PBJ Tue- Wed. Thurs. = Pizza Lunch Friday = Chicken MS & HS Lunch Choice # 2 Burrito #3 Taco</p>	<p>7 Breakfast Bis/Sausage Gravy Oranges Milk Lunch Tuna Noodle Casserole Bosco Stix Corn Pineapple</p>	<p>8 Breakfast Egg/Ham/Toast Pears Milk Lunch Beef Nachos Black Bean Salad Carrot Stick Mixed Fruit</p>	<p>9 Breakfast Pancake/Stick/Syrup Oranges/Milk Lunch Veg Beef Soup Cornbread Cheese Stick Oranges Milk</p>	<p>10 Breakfast Ultimate Bkft Round Pears/ Cereal /Milk Lunch Veterans Day Charburger Tator Tots Cheese/Pickle Spear Peaches Red, White & Blue Cake</p>
<p>2nd Choice Daily Week 3 Elementary Breakfast - Cereal Lunch PBJ - Tue - Wed. Lunch Chicken - Friday MS & HS Lunch Choice #2 Chicken Sandwich #3 Corn Dog</p>	<p>14 Breakfast Pancake/Syrup Fruit/Milk Lunch BBQ Chicken Sand Baked Chips Cowboy Beans Oranges Oreo Cookies</p>	<p>15 Breakfast Cream of Wheat Peaches/Toast Milk Lunch Chicken Noodle Soup Cheese Stick/Crackers Pears Carrots/Tom//Dip</p>	<p>16 Breakfast Fruit Pie /Cereal Raisin/ Milk Thanksgiving Dinner NO Ala Carte Day Turkey/Dressing/Gravy Candied Sweet Potatoes Green Beans Cranberries Wheat Roll / Pumpkin Cake</p>	<p>17 Breakfast Bis/Gravy Oranges Milk Lunch Corn Dog Tator Tots Pears Baked Beans</p>
<p>A group of turkeys is called a rafter. A nest full of turkey eggs is called a clutch. Each Thanksgiving about 675 million pounds of turkey are consumed in the US. The pumpkin is one of the only a few foods we still eat today this is native to North American. They are ninety percent water, high in fiber and contain potassium and Vitamin A.</p>	<p>Thanksgiving Break</p>	<p>NO School November 20-27, 2017</p>		
<p>2nd Choice Daily Week 5 Elementary Breakfast - Cereal Lunch PBJ Tue- Wed. Lunch Pizza = Thurs. Lunch Chicken - Friday MS & HS Lunch Choice #2 Sub Sandwich #3 Baked Potato Bar</p>	<p>28 Breakfast Boil Egg/Bacon/Toast Oranges Milk Lunch Taco Soup Cheese Stick Corn Bread Carrot Stick Peaches</p>	<p>29 Breakfast Biscuit/Sausage Gravy Peaches Milk Lunch Grilled Cheese Tomato Soup Broc/Tom/Cuc Oranges</p>	<p>30 Breakfast Bkft Burrito Salsa Milk Lunch Walking Taco Let/Sour Cream/Cheese Refried Beans Pear Milk</p>	

This institution is an equal opportunity provider.
