


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 - Thursday = PBJ Friday = Pizza MS & HS Lunch choice #2 Smothered Steak #3 Fish Sticks <u>All menu is subject to change.</u></p>		<p>1 Breakfast Oatmeal & Toast Peaches/Milk Lunch Orange Chicken Wild Rice Stir Fry Vegetable Pineapple</p>	<p>2 Breakfast Bis/Gravy Grapes/Milk Lunch Ham & Cheese Sandwich Chips /Apple Broccoli Oatmeal Cookie</p>
<p>2nd Choice Daily Week 2 Elementary Breakfast- Cereal Lunch PBJ Tue- Thursday Friday = Pizza MS & HS Lunch Choice # 2 Deli Sandwich #3 Lasagana</p>	<p>6 Breakfast Bis/Sausage Gravy Oranges Milk Lunch Tuna Noodle Casserole Bosco Stix Corn Pineapple</p>	<p>7 Breakfast Egg/Ham/Toast Pears Milk Lunch Beef Nachos Black Bean Salad Carrot Stick Mixed Fruit</p>	<p>8 Breakfast Pancake/Stick/Syrup Oranges/Milk Lunch Veg Beef Soup Cornbread Cheese Stick Oranges Broccoli</p>	<p>9 Breakfast Ultimate Bkft Round Pears/ Cereal /Milk Lunch Veterans Day Sloppy Joe Tator Tots Pickle Spear Peaches Red, White & Blue Cake</p>
<p>2nd Choice Daily Week 3 Elementary Breakfast - Cereal Lunch PBJ - Tue - Thursday Friday = Pizza MS & HS Lunch Choice #2 Chicken Sandwich #3 Tuna</p>	<p>13 Breakfast Pancake/Syrup Fruit/Milk Lunch BBQ Chicken Sand Baked Chips Cowboy Beans Oranges Broccoli</p>	<p>14 Breakfast Cream of Wheat Peaches/Toast Milk Lunch Chicken Quesadilla Let/Tom/Cheese Pears Refried Beans</p>	<p>15 Breakfast Bis/Gravy Oranges Milk Lunch Corn Dog Tator Tots Pears Baked Beans</p>	<p>16 Breakfast Fruit Pie /Cereal Raisin/ Milk Thanksgiving Dinner NO Ala Carte Day Turkey/Dressing/Gravy Candied Sweet Potatoes Green Beans Cranberries/Fruit Salad Wheat Roll / Pumpkin Cake</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 17-26, 2018</p>		
<p>2nd Choice Daily Week 5 Elementary Breakfast - Cereal Lunch PBJ Tue- Thursday Lunch Pizza = Friday MS & HS Lunch Choice #2 Sub Sandwich #3 Chicken</p>	<p>27 Breakfast Boil Egg/Bacon/Toast Oranges Milk Lunch Taco Soup Cheese Stick Corn Bread Carrot Stick Peaches</p>	<p>28 Breakfast Biscuit/Sausage Gravy Peaches Milk Lunch Grilled Cheese Tomato Soup Broc/Tom/Cuc Oranges</p>	<p>29 Breakfast Breakfast Pizza Fresh Fruit, Milk Lunch Hot Pork Sandwich Whip Potatoes Peaches Green Beans Milk</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.

