



November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01 NO SCHOOL	02
03	04 Hamburger- 2.5oz W/Whole Wheat Bun-1.0z Green Beans - 3/4c Fruit-1/2c	05 Chicken Tenders- 2.0z/1.0z Sweet Corn - 3/4c Dinner Roll-1.0z Fresh Fruit-1/2c	06 Baked Zit - 2oz Baby Peas - 3/4c Dinner Roll 1oz Fresh Fruit-1/2c	07 NO SCHOOL	08 NO SCHOOL	09
10	11 Hot Dog-2.0z WW Bun-1.0z Baked Beans - 3/4c Fresh Fruit- 1/2c	12 Penne Marinara w/ Meatballs 2.0z Dinner Roll 1oz Fresh Fruit- 1/2c	13 Beef & Bean Burrito-2.25oz Green Beans - 3/4c Dinner Roll- 1.0z Fruit-1/2c	14 Chicken Patty Sandwich - 2.0z/1.0z Sweet Corn - 3/4c WW Bun-1.0z Fresh Fruit-1/2c	15 Taco Day- 2.5z/1.0z Dinner Roll -1.0z Carrot Dippers- 3/4c Diced Peaches - 1/2c	16
17	18 Salisbury Steak - 2.0z/1.0z Mashed Potatoes - 3/4c Dinner Roll-1.0z Fresh Fruit-1/2c	19 Baked Zit - 2oz Baby Peas - 3/4c Dinner Roll 1oz Fresh Fruit-1/2c	20 Chicken Tenders- 2.0z/1.0z Sweet Corn - 3/4c Dinner Roll-1.0z Fresh Fruit-1/2c	21 Hamburger- 2.5oz W/Whole Wheat Bun-1.0z Green Beans - 3/4c Fruit-1/2c	22 Pizzeria Pizza Day 2.0z/2.0z Carrot Dippers - 3/4 cup Fresh Fruit - 1/2c	23
24	25 Chicken Tenders- 2.0z/1.0z Sweet Corn - 3/4c Dinner Roll-1.0z Fresh Fruit-1/2c	26 WG Fish Sticks -2.0oz/1.0oz Green Beans - 3/4c Fruit-1/2c	27 Hot Dog-2.0z WW Bun-1.0z Baked Beans - 3/4c Fresh Fruit- 1/2c	28 NO SCHOOL	29 NO SCHOOL	30
01	02	03	04	05	06	07