

# McKenzie NOVEMBER

Fall



Monday	Tuesday	Wednesday	Thursday
		1 Baked Potato Bar w/Roll (Ham, Broccoli & Cheese) Italian Sandwich on Flat-bread	2 <i>Pizza Day</i>
6 Chicken Noodle Soup & Roll Yum Bowls Chicken Nuggets & Roll	7 Nacho Bar Burritos Beef, Beans & Rice	8 Lasagna & Bread Sticks Cheese Burger	9 <u>Veterans Day Observed</u> <u>NO SCHOOL</u>
13 "No Peekies" (Ham & cheese) Fish Sticks & Fries	14 Nacho Bar Quesadilla	15 Turkey, Mash Potatoes, Gravy & Roll Chicken Nuggets	16 <i>Pizza Day</i>
20 Orange Chicken & Rice Yum Bowls Chicken Nuggets & Rice	21 Nacho Bar Tacos	22 <b>Happy Thanksgiving</b>	23
27 Mac & Cheese Chicken Nuggets	28 Nacho Bar Burritos Beef, Beans & Rice	29 Spaghetti & Bread Sticks Cheese Burgers	30 <i>Pizza Day</i>

Vegetarian options available daily

LARGE FRESH SALAD BAR, FRUIT, NF CHOCOLATE, 1% WHITE MILK SERVED DAILY



~This institution is an equal opportunity provider~

~Menu is subject to change~



Breakfast Served Daily  
Before School @ 7:45

Mon~ Pancakes

Tues~ BK Sandwich

Wed~ French Toast Sticks

Thur~ Biscuits &

Gravy

Served Daily

Cereal, Fruit, Juice,

NF Chocolate & 1% White Milk

## Catch Tip

A rolling stone gathers no moss: Keep your wheels rolling. Bicycling burns excess calories and sheds body fat. One hour of cycling can burn up to 400-500 calories.