

| Monday  | Tuesday   | Wednesday | Thursday  | Friday  |
|---|---|-----------|---|---|
|   | <p><b>No School!</b></p>  |           | <p><b>3</b><br/>Whole Grain Chicken<br/>Corn Dog<br/>OR: Meatless Meatball Sub<br/>WITH: Ranchero Beans<br/>Potato Wedges<br/>Granny Smith Apple<br/>Sugar Cookie</p>   | <p><b>4</b><br/>Domino's Pizza Fridays!<br/>Whole Wheat<br/>Cheese Pizza<br/>WITH: Garden<br/>Salad with<br/>Low Fat Citrus<br/>Vinaigrette Dressing<br/>Mixed Up Fruit Cup</p>  |
| <p><b>7</b><br/>BBQ Pulled<br/>Chicken Sandwich<br/>OR: Black Bean Burger<br/>WITH: Baked Beans<br/>Steamed Corn on the Cob<br/>Tropical Fruit Salad</p>  | <p><b>8</b><br/>Soft Turkey Taco<br/>OR: Bean Soft Taco<br/>on a Soft Tortilla<br/>WITH: Shredded Cheese<br/>and Lettuce<br/>Homemade Salsa with<br/>Tortilla Chips<br/>Pretzel Twists<br/>Fresh Banana</p> |           | <p><b>10</b><br/>Chicken Parmesan<br/>OR: Eggplant Parmesan<br/>OVER: Whole Wheat Noodles<br/>WITH: Steamed Green Beans<br/>Romaine Salad<br/>with Ranch Dressing<br/>Orange Wedges<br/>Chocolate Chip Cookie</p> | <p><b>11</b><br/>Domino's Pizza Fridays!<br/>Whole Wheat<br/>Cheese Pizza<br/>WITH: Garden<br/>Salad with<br/>Low Fat Italian<br/>Dressing<br/>Mixed Up Fruit Cup</p>            |
| <p><b>14</b><br/>Chicken and<br/>Vegetable Lo Mein<br/>featuring Local Springer<br/>Mountain All<br/>Natural Chicken<br/>OR: Vegetable Lo Mein<br/>WITH: Steamed Corn<br/>Baby Carrots<br/>with Ranch Dip<br/>Pineapple Tidbits</p> | <p><b>15</b><br/>Grilled Chicken Strips<br/>OR: Black Bean Bites<br/>WITH: BBQ Sauce<br/>Whole Grain Roll<br/>Southern Style Baked Beans<br/>Cheese-its<br/>Seedless Grapes</p>                             |           | <p><b>17</b><br/>Fiesta Chicken Nachos<br/>OR: Bean &amp; Cheese Nachos<br/>WITH: Seasoned<br/>Black Beans<br/>Chef Made Salsa<br/>Orange Wedges<br/>Sugar Cookie</p>   | <p><b>18</b><br/>Domino's Pizza Fridays!<br/>Whole Wheat<br/>Cheese Pizza<br/>WITH: Garden<br/>Salad with<br/>Low Fat Ranch Dressing<br/>Mixed Up Fruit Cup</p>                 |
| <p><b>21</b><br/>American Hamburger Skillet<br/>OR: American Garden<br/>Skillet with Cheese<br/>WITH: Steamed Yellow Corn<br/>Romaine Salad<br/>with Italian Dressing<br/>Granny Smith Apple</p>                                    | <p><b>Happy Thanksgiving!</b></p>    |           |    |   |
| <p><b>28</b><br/>American Hamburger<br/>OR: Gardenburger<br/>WITH: Whole Wheat Bun<br/>Sliced Cheese<br/>Potato Wedges<br/>Southern Style Baked<br/>Beans<br/>Pineapple Tidbits</p>   | <p><b>29</b><br/>Fiesta Chicken Taco<br/>OR: Whole Wheat Bean &amp;<br/>Cheese Burrito<br/>WITH: Refried Beans<br/>Pretzel Twists<br/>Red Delicious Apple</p>   |           | <p><b>V = Vegetarian Entrée Options</b></p> <p>Milk is Included with All Meals<br/>Choose 1% White or Fat Free Chocolate Milk</p>   |   |

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|   | <h1>No School!</h1>  |           | <b>3</b><br><b>Salad Meal:</b><br>Grilled Chicken Salad<br>Vegetarian Cobb Salad<br><br><b>Sandwich Meal:</b><br>Grilled Chicken Wrap<br>Turkey & Cheese Croissant<br><br><b>Sides:</b><br>Celery Sticks<br>Baby Carrots<br>with Ranch Dip<br>Granny Smith Apple  | <b>4</b><br><b>Salad Meal:</b><br>Tuna Salad Plate<br>with Pita Points<br>Vegetarian Cobb Salad<br><br><b>Sandwich Meal:</b><br>Soybutter & Jelly on Wheat Bread<br><br><b>Sides:</b><br>Romaine Salad<br>with Citrus Dressing<br>Three Bean Salad<br>Mixed Up Fruit Cup |
| <b>7</b><br><b>Salad Meal:</b><br>Grilled Chicken Salad over<br>Fresh Spinach with<br>Mandarin Oranges<br>Fresh Fruit and Yogurt<br>Plate with Oatmeal<br>Squares<br><br><b>Sandwich Meal:</b><br>Two Cheese Sandwich<br>Grilled Chicken Breast on<br>a Wheat Bun<br><br><b>Sides:</b><br>Three Bean Salad<br>Southern Potato Salad<br>Tropical Fruit Salad | <b>8</b><br><b>Salad Meal:</b><br>Chef Salad<br>with Sliced Turkey<br>Fresh Fruit and Yogurt<br>Plate with Oatmeal<br>Squares<br><br><b>Sandwich Meal:</b><br>Soybutter & Jelly<br>Sandwich<br>Grilled Chicken Breast on<br>a Wheat Bun<br><br><b>Sides:</b><br>Baby Carrots<br>with Ranch Dip<br>Cucumber Salad<br>Fresh Banana |           | <b>10</b><br><b>Salad Meal:</b><br>Black Bean & Corn Salad<br>with a Jalapeno Corn Muffin<br>Fresh Fruit & Yogurt Plate<br>with Oatmeal Squares<br><br><b>Sandwich Meal:</b><br>All American Sub<br>Sandwich<br>Grilled Chicken Breast<br>on a Wheat Bun<br><br><b>Sides:</b><br>Celery Sticks<br>Baby Carrots<br>with Ranch Dip<br>Juicy Orange Wedges | <b>11</b><br><b>Salad Meal:</b><br>Fresh Fruit and Yogurt Plate<br>with Oatmeal Squares<br><br><b>Sides:</b><br>Romaine Salad<br>with Italian Dressing<br>Three Bean Salad<br>Mixed Up Fruit Cup   |
| <b>14</b><br><b>Salad Meal:</b><br>Breaded Chicken<br>Tender Salad<br>Diced Turkey and Cheese<br>Cracker Plate<br><br><b>Sandwich Meal:</b><br>Chicken Caesar Wrap<br>Turkey Ham and Cheese<br>on Wheat Bread<br><br><b>Sides:</b><br>Three Bean Salad<br>Southern Potato Salad<br>Pineapple Tidbits  | <b>15</b><br><b>Salad Meal:</b><br>Pasta Salad Plate<br>with Crackers<br>Diced Turkey and Cheese<br>Cracker Plate<br><br><b>Sandwich Meal:</b><br>Grilled Vegetable Wrap<br>Turkey Ham and Cheese<br>on Wheat Bread<br><br><b>Sides:</b><br>Baby Carrots<br>with Ranch Dip<br>Cucumber Salad<br>Seedless Grapes                  |           | <b>17</b><br><b>Salad Meal:</b><br>Chef Salad with<br>Sliced Turkey<br>Diced Turkey and Cheese<br>Cracker Plate<br><br><b>Sandwich Meal:</b><br>Two Cheese Sandwich<br>on Wheat<br>Turkey Ham and Cheese<br>on Wheat Bread<br><br><b>Sides:</b><br>Celery Sticks<br>Baby Carrots<br>with Ranch Dip<br>Orange Slices                                     | <b>18</b><br><b>Salad Meal:</b><br>Tuna Salad Plate<br>with Pita Points<br><br><b>Sides:</b><br>Romaine Salad<br>with Ranch Dressing<br>Three Bean Salad<br>Mixed Up Fruit Cup   |
| <b>21</b><br><b>Salad Meal:</b><br>Build Your Own<br>Nacho Plate<br>Fiesta Chicken Taco Salad<br><br><b>Sandwich Meal:</b><br>Build Your Own Pita Pizza<br>Buffalo Chicken Wrap<br><br><b>Sides:</b><br>Three Bean Salad<br>Southern Potato Salad<br>Tropical Fruit Salad   | <h1>Happy Thanksgiving!</h1>   |           |   |   |
| <b>28</b><br><b>Salad Meal:</b><br>Chicken Caesar Salad<br>Vegetarian Cobb Salad<br><br><b>Sandwich Meal:</b><br>Deli Chicken and Cheddar<br>Turkey & Cheese Croissant<br><br><b>Sides:</b><br>Three Bean Salad<br>Southern Potato Salad<br>Pineapple Tidbits   | <b>29</b><br><b>Salad Meal:</b><br>Fiesta Chicken Taco Salad<br>Vegetarian Cobb Salad<br><br><b>Sandwich Meal:</b><br>Chicken Salad Sandwich<br>Turkey & Cheese Croissant<br><br><b>Sides:</b><br>Baby Carrots<br>with Ranch Dip<br>Cucumber Salad<br>Red Delicious Apple  |           |   |  |

**V = Vegetarian Entrée Options**

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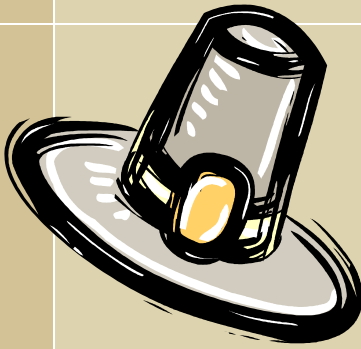
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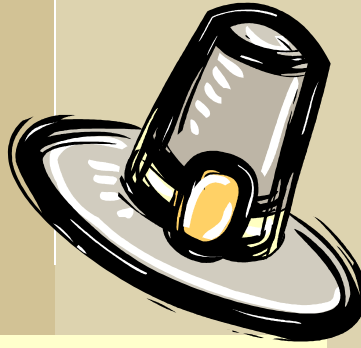
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|   | <p><b>No School!</b></p>   |                                   | <p><b>3</b><br/>                     Corn Dog Soy, Wheat, Milk, Egg<br/>                     Ranchero Beans None<br/>                     Potato Wedges Soy, Wheat<br/>                     Apple None<br/>                     Cookie Soy, Wheat, Milk, Egg<br/>                     Meatless Meatball Sub Soy, Wheat, Eggs, Milk</p>                                      | <p><b>4</b><br/>                     Pizza Milk, Wheat, Soy<br/>                     Salad None<br/>                     Citrus Vinaigrette None<br/>                     Fruit Cup None</p> |
| <p><b>7</b><br/>                     BBQ Chicken Sandwich Wheat, Soy<br/>                     Baked Beans None<br/>                     Corn None<br/>                     Tropical Fruit None<br/>                     Black Bean Burger Soy, Wheat, Milk</p>  | <p><b>8</b><br/>                     Fiesta Chicken Taco Soy, Milk, Wheat<br/>                     Salsa None<br/>                     Tortilla Chips Soy<br/>                     Pretzels Wheat<br/>                     Banana None<br/>                     Bean &amp; Cheese Burrito Soy, Wheat, Milk</p>   |                                   | <p><b>10</b><br/>                     Chicken Parmesan** Wheat, Egg, Soy, Milk<br/>                     Green Beans None<br/>                     Salad None<br/>                     Ranch Soy, Milk, Egg<br/>                     Oranges None<br/>                     Cookie Soy, Wheat, Milk, Egg<br/>                     Eggplant Parmesan Egg, Wheat, Soy, Milk</p> | <p><b>11</b><br/>                     Pizza Milk, Wheat, Soy<br/>                     Salad None<br/>                     Italian Dressing None<br/>                     Fruit Cup None</p>  |
| <p><b>14</b><br/>                     Chicken Lo Mein** Wheat, Soy<br/>                     Corn None<br/>                     Baby Carrots None<br/>                     Ranch Dip Soy, Milk, Egg<br/>                     Pineapple None<br/>                     Vegetable Lo Mein** Wheat, Soy</p>  | <p><b>15</b><br/>                     Chicken Strips Soy, Wheat, Milk, Egg<br/>                     BBQ Sauce None<br/>                     Roll Wheat, Soy<br/>                     Baked Beans None<br/>                     Cheese-its Soy, Wheat, Milk<br/>                     Grapes None<br/>                     Black Bean Bites Soy, Wheat, Milk</p> |                                   | <p><b>17</b><br/>                     Chicken Nachos Milk<br/>                     Black Beans None<br/>                     Salsa None<br/>                     Orange None<br/>                     Cookie Soy, Wheat, Milk, Egg<br/>                     Bean &amp; Cheese Nachos Milk</p>   | <p><b>18</b><br/>                     Pizza Milk, Wheat, Soy<br/>                     Salad None<br/>                     Ranch Soy, Milk, Egg<br/>                     Fruit Cup None</p>   |
| <p><b>21</b><br/>                     Hamburger Skillet** Wheat, Soy<br/>                     Corn None<br/>                     Salad None<br/>                     Italian Dressing None<br/>                     Apple None<br/>                     Garden Skillet with Cheese Soy, Wheat, Milk</p> |   | <p><b>Happy Thanksgiving!</b></p> |    |  |
| <p><b>28</b><br/>                     Hamburger Bun Soy, Wheat<br/>                     Cheese Soy, Milk<br/>                     Potato Wedges Soy, Wheat<br/>                     Baked Beans None<br/>                     Pineapple None<br/>                     Gardenburger Soy, Wheat, Milk</p> | <p><b>29</b><br/>                     Chicken Taco Wheat, Soy, Fish<br/>                     Refried Beans None<br/>                     Pretzels Wheat<br/>                     Apple None<br/>                     Bean &amp; Cheese Burrito Soy, Wheat, Milk</p>  |                                   |   | <p><b>FOUR DAY Ordering Deadline</b><br/> <a href="https://ChefAdvantage.OrderLunches.com">https://ChefAdvantage.OrderLunches.com</a></p>  |

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|   | <p><b>No School!</b></p>  |           | <p><b>3</b><br/> <b>Salad Meal:</b><br/>           Grilled Chicken Salad<br/> <b>S, E, W, M</b><br/>           Vegetarian Cobb Salad<br/> <b>S, E, W, M</b></p> <p><b>Sandwich Meal:</b><br/>           Grilled Chicken Wrap<br/> <b>S, W, M</b><br/>           Turkey &amp; Cheese Croissant<br/> <b>S, W, M</b></p>         | <p><b>4</b><br/> <b>Salad Meal:</b><br/>           Tuna Salad Plate<br/> <b>S, E, W</b><br/>           Vegetarian Cobb Salad<br/> <b>S, E, W, M</b></p> <p><b>Sandwich Meal:</b><br/>           Soybutter &amp; Jelly<br/> <b>S, W, M</b></p> |
| <p><b>7</b><br/> <b>Salad Meal:</b><br/>           Grilled Chicken Salad<br/> <b>S, E, W, M</b><br/>           Fresh Fruit &amp; Yogurt Plate<br/> <b>S, W, M</b></p> <p><b>Sandwich Meal:</b><br/>           Two Cheese Sandwich<br/> <b>S, W, M</b><br/>           Grilled Chicken Sandwich<br/> <b>S, W, M</b></p>       | <p><b>8</b><br/> <b>Salad Meal:</b><br/>           Chef Salad<br/> <b>S, E, W, M</b><br/>           Fresh Fruit &amp; Yogurt Plate<br/> <b>S, W, M</b></p> <p><b>Sandwich Meal:</b><br/>           Soybutter &amp; Jelly<br/> <b>S, W, M</b><br/>           Grilled Chicken Sandwich<br/> <b>S, W, M</b></p>            |           | <p><b>10</b><br/> <b>Salad Meal:</b><br/>           Black Bean Salad Plate<br/> <b>S, W, E, M</b><br/>           Fresh Fruit &amp; Yogurt Plate<br/> <b>S, W, M</b></p> <p><b>Sandwich Meal:</b><br/>           All American Sub Sandwich<br/> <b>S, W, M</b><br/>           Grilled Chicken Sandwich<br/> <b>S, W, M</b></p> | <p><b>11</b><br/> <b>Salad Meal:</b><br/>           Fresh Fruit &amp; Yogurt Plate<br/> <b>S, W, M</b></p>  |
| <p><b>14</b><br/> <b>Salad Meal:</b><br/>           Chicken Tender Salad<br/> <b>S, W, E, M</b><br/>           Turkey &amp; Cheese Plate<br/> <b>W, S, M</b></p> <p><b>Sandwich Meal:</b><br/>           Chicken Caesar Wrap<br/> <b>F, M, S, W</b><br/>           Turkey Ham and Cheese<br/> <b>S, W, M</b></p>            | <p><b>15</b><br/> <b>Salad Meal:</b><br/>           Pasta Salad Plate<br/> <b>S, W, M</b><br/>           Turkey &amp; Cheese Plate<br/> <b>W, S, M</b></p> <p><b>Sandwich Meal:</b><br/>           Grilled Vegetable Wrap<br/> <b>S, W, M</b><br/>           Turkey Ham and Cheese<br/> <b>S, W, M</b></p>              |           | <p><b>17</b><br/> <b>Salad Meal:</b><br/>           Chef Salad<br/> <b>S, E, W, M</b><br/>           Turkey &amp; Cheese Plate<br/> <b>W, S, M</b></p> <p><b>Sandwich Meal:</b><br/>           Two Cheese Sandwich<br/> <b>S, W, M</b><br/>           Turkey Ham and Cheese<br/> <b>S, W, M</b></p>                           | <p><b>18</b><br/> <b>Salad Meal:</b><br/>           Tuna Salad Plate<br/> <b>S, E, W</b></p>  |
| <p><b>21</b><br/> <b>Salad Meal:</b><br/>           Nacho Plate<br/> <b>S, W, M</b><br/>           Fiesta Taco Salad<br/> <b>S, W, E, M</b></p> <p><b>Sandwich Meal:</b><br/>           Build Your Own Pita Pizza<br/> <b>S, W, M</b><br/>           Buffalo Chicken Wrap<br/> <b>S, W, M</b></p>                           | <p><b>Happy Thanksgiving!</b></p>   |           |   |    |
| <p><b>28</b><br/> <b>Salad Meal:</b><br/>           Chicken Caesar Salad<br/> <b>S, W, E, M</b><br/>           Vegetarian Cobb Salad<br/> <b>S, E, W, M</b></p> <p><b>Sandwich Meal:</b><br/>           Deli Chicken &amp; Cheddar<br/> <b>S, W, M</b><br/>           Turkey &amp; Cheese Croissant<br/> <b>S, W, M</b></p> | <p><b>29</b><br/> <b>Salad Meal:</b><br/>           Fiesta Taco Salad<br/> <b>S, W, E, M</b><br/>           Vegetarian Cobb Salad<br/> <b>S, E, W, M</b></p> <p><b>Sandwich Meal:</b><br/>           Chicken Salad Sandwich<br/> <b>S, W, M, E</b><br/>           Turkey &amp; Cheese Croissant<br/> <b>S, W, M</b></p> |           |   | <p><b>FOUR DAY Ordering Deadline</b><br/> <a href="https://ChefAdvantage.OrderLunches.com">https://ChefAdvantage.OrderLunches.com</a></p>   |

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