

NOVEMBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| X Day 28 Chicken Nuggets Broccoli Quiche* TriTater Carrot Coin | E Day 29 Hot Italian Sub on a Ciabatta Sweet Potato and Bean Wrap* Green Peas | F Day 30 Chicken Enchilada Bake Acorn Squash w/ Wild Rice* Sweet Corn Cookie | a Day 31  | 1 |
| A Day 4 Chicken Tenders Waffle Sticks* French Fries Steamed Broccoli | B Day 5 Spaghetti Choice of Sauces* Marinara, Meat Or Alfredo Garlic Stick | C Day 6 Brat on a bun Penne Rosa* Carrots Birthday Cake | D Day 7 Honey BBQ Chicken on a Bun Curly Fries Pizza Dippers* Green Beans | E Day 8 Walking Taco w/Beef Or Bean* And Assorted Toppings Ice Cream |
| F Day 11 Chicken Crispto Spanish Rice* or Sloppy Joe w/ Potato Chips Whole Kernel Corn | A Day 12 Cheese Pizza* Chicken Caesar Wrap Oven Brown Potato Mix Vegetables | B Day 13 Roasted Turkey or Acorn Squash w/Wild Rice* Whipped Potatoes & Gravy Stuffing, Green Beans Pumpkin Desert | C Day 14 All Beef Burger Omelet* Tater Tots Green Peas | D Day 15 Chicken Patty Parmesan Cous Cous* French Fries Cookie |
| E Day 18 Mostaccioli* & Meat Balls Green Beans Bread Stick | F Day 19 BBQ Pork on a Bun Fishwich on Bun* Potato Chips Rice Krispy | A Day 20 Crispy Chicken Parm Cheesy Hash Brown or Vegetable Rice Pilaf* Mixed Vegetables | B Day 21 Salisbury Steak Mashed Potato /w Gravy Vegetable Flat Bread* Mixed Vegetable | C Day 22 Ham & Cheese on a Pretzel Bun French Fries and Broccoli Lo Mein* Green Bean Brownie |
| E Day 25 Prairie McMuffin* with or with out Chicken Sausage Roast Beef on a Bun Potato Pancakes | F Day 26 Teriyaki Chicken W/Brown Rice Stir Fried Vegetable* Fortune Cookie | 27 28  | | 29 *Denotes Vegetarian option |