

	Week 1 - 11/10 - 11/14	Week 2 - 11/17 - 11/21	Week 3 - 11/24 - 11/28	Week 4 - 12/01 - 12/05	Week 5 - 12/12	Week 1 - 12/15 - 12/19
Monday	Wholegrain spaghetti w/ meatballs and tomato sauce (*)	Wholegrain ravioli w/meatsauce (*)	Chicken Alfredo w/ wholegrain pasta (*)	Wholegrain macaroni and cheese (V)	Veggie lasagna rollatini (V)	Wholegrain spaghetti w/ meatballs and tomato sauce (*)
	Broccoli	Spinach	Broccoli	Peas and carrots	Baby carrots w/ ranch dressing	Broccoli
	Apple sauce	Fresh apple	Fresh apple	Fresh apple	Fresh apple	Apple sauce
Tuesday	Teriyaki chicken w/ brown rice	Chicken Parmesan w/ tomato sauce and wholegrain pasta	Wholegrain cheese pizza (V)	Wholegrain chicken nuggets	Chicken and cheese quesadilla (*)	Teriyaki chicken w/ brown rice
	Broccoli	Spinach	Baby carrots w/ ranch dressing	Tater tots	Wholegrain pasta salad	Broccoli
	Fresh pear	Fresh pear	Fresh orange	Fresh pear	Fresh pear	Fresh pear
Wednesday	Grilled veggie wrap w/ mozzarella cheese (V)	Turkey wrap	School Closed	Ham and cheese sub (*)	Grilled chicken wrap w/ Provolone cheese	Grilled veggie wrap w/ mozzarella cheese (V)
	Coleslaw	Potato salad	Thanksgiving Recess	Corn w/ tomato and cucumber	Romaine salad w/ cucumber, tomato & balsamic dressing	Coleslaw
	Fresh fruit salad	Fresh fruit salad		Fresh fruit salad	Fresh fruit salad	Fresh fruit salad
Thursday	Sloppy Joe on a wholewheat bun	Eggplant Parmesan w tomato sauce & whole grain pasta (V)	School Closed	Tex Mex w/ beans, cheese and whole grain chips	Hamburger on wholewheat bun w/mayo and ketchup	Wholegrain cheese pizza (V)
	Baked fries	Romaine salad w/ cucumber, tomato & balsamic dressing	Thanksgiving Recess	Baby carrots	Bean salad	Baby carrots w/ ranch dressing
	Fresh apple	Fresh apple		Fresh apple	Fresh apple	Fresh orange
Friday	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)	School Closed	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)	Half Day - Winter Recess
	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing	Thanksgiving Recess	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing	No lunch
	Fresh orange	Fresh orange		Fresh orange	Fresh orange	