



**The Annual Holiday Meal will be:
Thurs. DEC 7th**

Tickets for Parents and Grandparents go on sale starting Mon. Nov 6th.



Avoid Processed Junk Food All the [processed junk foods](#) in the diet are the biggest reason the world is fatter and sicker than ever before. These foods have been engineered to be "hyper-rewarding," so they trick our brains into eating more than we need, even leading to [addiction](#) in some people.

Monday

Tuesday

Wednesday

Thursday

Friday



Fish Sticks **1**
Green Beans
Cookie - Turtle

SOUP – Loaded Bake Potato

Chicken Quesadillas **2**
Chuck Wagon Corn
Cake – German Choc

Baked Potato T/TH

Chicken n Dumplings **3**
Green Peas
Banana Pudding w/Vanilla
Wafers

Pizza Day **6**
Small Salad
Cookie - Sugar

Chicken Pot Pie **7**
Cake – Orange Cake

Baked Potato T/TH

Porcupine Meatballs **8**
Scandinavian Blend Veg
Apple Crisp

SOUP – Chicken Noodle

Ranch Cheddar Chicke **9**
Bake
Sausalito Blend Veggies
Cookie – Chky Choc Chip

Baked Potato T/TH

NO SCHOOL LUNCH **10**

Breakfast All Day **13**
Cinnamon French Toast
Biscuit n Gravy
Bacon
Apple Slices

Turkey Tetrzzini **14**
Italian Blend Veggies
Cookie- M&M

Baked Potato T/TH

Chili **15**
Green Beans
Chocolate Pudding

SOUP - Hamburger

Cheeseburger Pie **16**
Broccoli
Cookie- Mac Nut

Baked Potato T/TH

Bosco **17**
Italian Beef
Small Salad
Peach Cobbler

NO SCHOOL **20**

NO SCHOOL **21**

NO SCHOOL **22**

THANKSGIVING **23**

NO SCHOOL **24**

Chicken Chunks **27**
Caribbean Blend Veggies
Mashed Potato
Cookie – Strawberry
Shortcake

Spaghetti **28**
Marinara or Meat Sauce
Mixed Veggies
Cake- Red Velvet
Baked Potato T/TH

Apple Cider Pork Chop **29**
Mashed Potato
Prince Ed Isle Blend Veg
Brownie
SOUP – Ham and Bean

Pizza Day **30**
Small Salad
Cookie – Dbl Cky Choc Chip

Baked Potato T/TH

