

November is American Diabetes Month

All meals come with choice of fat free or skim white milk

Tuesday - 1
BREAKFAST
 Cereal, sunrise bites & orange juice
LUNCH ENTREE CHOICES
 Baked Chicken Nuggets
 OR
 Vegetarian Chili Bread Bowl*
SIDES
 Oregon trail wheat bread
 Vegetarian chili
 Sweet potato tots
 Pineapple tidbits

Wednesday - 2
BREAKFAST
 Pancakes & banana
Early Release
LUNCH ENTREE
 Whole Grain Mini Corndogs
SIDES
 Whole wheat roll
 Farm fresh apple
 Vegetable crudite w/dip
 String cheese

SUBWAY at Sifton & Silver Star

Thursday - 3
BREAKFAST
 Whole wheat bagel w/cheese & applesauce cup
LUNCH ENTREE CHOICES
 Italian Baked Chicken Thighs
 OR
 Pepperoni or Cheese v Pizza
SIDES
 Broccoli casserole
 Oregon trail wheat bread
 Fresh orange wedges
 Small baked potato

Friday - 4
BREAKFAST
 Lowfat yogurt, granola & pineapple
LUNCH ENTREE CHOICES
 Fish Tacos* w/cilantro slaw^{ts}
 OR
 Black Bean & Cheese Quesadilla
SIDES
 pineapple salsa
 brown rice pilaf
 farm fresh pear
 super antioxidant salad
 Chef John visits BBC

Monday - 7
BREAKFAST
 Cereal, fruit & grain bar & apple slices
LUNCH ENTREE CHOICES
 Homestyle Chicken Pot Pie
 OR
 Toasted Italian Sub Sandwich
SIDES
 Organic quinoa
 Baked pumpkin pudding
 Fruit cocktail

Tuesday - 8
BREAKFAST
 French toast, fruit cup & orange juice
LUNCH ENTREE CHOICES
 Teriyaki Chicken
 OR
 Sweet & Sour Meatballs
SIDES
 Thai pineapple fried rice
 Bok Choy w/garlic & ginger
 Fresh grapes
 Chef John visits Burton

Wednesday - 9
BREAKFAST
 Lowfat yogurt, carrot bread & orange wedges
Early Release
LUNCH ENTREE
 Lowfat Yogurt & Cheese & Ritz crackers
SIDES
 Baby carrots w/dip
 tabbouleh salad
 farm fresh apple
 SUBWAY at Sunset & York

Thursday - 10
BREAKFAST
 Smuckers waffle, hard boiled egg, & strawberry cup
Indoor BBQ
LUNCH ENTREE CHOICES
 All American Hamburger or Jumbo Turkey Hot Dog (both with w.g. bun)
SIDES
 Sweet potato fries
 Cowboy beans
 Fresh orange wedges
 Dixie cup

Friday - 11
No School
Veterans Day

Monday - 14
BREAKFAST
 Blueberry muffin, string cheese, melon
LUNCH ENTREE CHOICES
 Chicken Burger, w.g. bun*
 OR
 Beef & Cheese Nachos*
SIDES
 Shredded lettuce, salsa & sour cream
 Seasoned pinto beans
 Pineapple chunks
 Raspberry churro

Tuesday - 15
BREAKFAST
 Cereal, sunrise bites & orange juice
LUNCH ENTREE CHOICES
 Whole Grain Spaghetti w/Meat Sauce*
 OR
 BBQ Beef Sandwich, w.g. bun*
SIDES
 Caesar salad w/tomatoes
 Cheese toast
 Sliced peaches
 Glazed carrots
 Chef John visits Columbia

Wednesday - 16
BREAKFAST
 Pancakes & banana
Early Release
LUNCH ENTREE
 Whole Grain Hot Pocket Sandwich
SIDES
 String cheese
 Super antioxidant shaker salad
 Farm fresh apple
 SUBWAY at BBC & Burton

Thursday - 17
BREAKFAST
 Whole wheat bagel w/cheese & applesauce cup
LUNCH ENTREE CHOICES
 Bean & Cheese Burrito v
 OR
 Fish Sandwich, w.g. bun
SIDES
 Salsa or tarter sauce
 Southwestern rice
 Fresh orange wedges

Friday - 18
BREAKFAST
 Lowfat yogurt, granola & pineapple
Holiday Lunch
LUNCH ENTREE CHOICES
 Roast Turkey Breast
 OR
 Winter Greens Lasagna
SIDES
 Whole grain stuffing or w.g. roll
 cranberry sauce, spinach salad
 pumpkin crisp
 turkey gravy
 farm fresh pear

Monday - 21
BREAKFAST
 Cereal, fruit & grain bar, apple slices
LUNCH ENTREE CHOICES
 Whole Grain Corndog
 OR
 Macaroni & Cheese w/tomatoes v
SIDES
 w.g. roll
 Romaine salad
 Tuscan white beans
 Fruit cocktail w/bananas

Tuesday - 22
BREAKFAST
 French toast, fruit cup & orange juice
LUNCH ENTREE CHOICES
 Baked Chicken Nuggets
 OR
 Moroccan Chicken
SIDES
 Couscous
 Roasted vegetables
 Farm fresh apple

Wednesday - 23
No School
Thanksgiving Break

Thursday - 24
No School
Thanksgiving Day

Friday - 25
No School
Thanksgiving Break

Monday - 28
BREAKFAST
 Blueberry muffin, string cheese & fresh melon
LUNCH ENTREE CHOICES
 Pepperoni or Cheese v Pizza, w/w.g. crust
 OR
 Teriyaki Chicken Sandwich, w/w.g. bun
SIDES
 applesauce
 sweet & sour carrots
 100 calorie Oreos cookies

Tuesday - 29
BREAKFAST
 Cereal, sunrise bites & orange juice
LUNCH ENTREE CHOICES
 Fish & Chips
 OR
 Chicken & Cheese Quesadilla
SIDES
 sweet potato fries
 fiesta corn
 farm fresh pear
 Chef John visits Crestline

Wednesday - 30
BREAKFAST
 Pancakes & banana
Early Release
LUNCH ENTREE
 Chicken Tenders
SIDES
 Fresh kiwi
 MJM w.g. chocolate bears
 Hummus w/celery sticks
 SUBWAY at Columbia & Crestline

November 2011



PRICES:

Lunch.....	\$1.80
Breakfast.....	\$0.95
Milk or Soy Milk.....	\$0.45