

Monday 11/1 National Calzone Day World Vegan Day	Tuesday 11/2	Wednesday 11/3	Thursday 11/4	Friday 11/5
<p><b>Lunch Option #1:</b> Ground Beef Soft Tacos with Lettuce, Tomato, Cheese, Salsa, and Sour Cream</p> <p><b>Lunch Option #2:</b> Chicken Quesadilla with Sour Cream and Salsa</p> <p><b>Sandwich Option #1:</b> Black Bean and Vegetable Burrito</p> <p><b>Salad Option #1:</b> Roasted Veggie and Fresh Hummus Salad</p> <p><b>Today's Sides:</b> Refried Beans, Spanish Rice</p> <p><b>Today's Fruit:</b> Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Yankee Pot Roast with Carrots, Celery and Onions</p> <p><b>Lunch Option #2:</b> Veggie Burger with American Cheese on a Whole Grain Roll</p> <p><b>Sandwich Option #1:</b> Ham and Swiss Sub with Honey Mustard, Lettuce, Tomatoes, and Pickles</p> <p><b>Salad Option #1:</b> Chef Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Mashed Potatoes, Seasoned Peas</p> <p><b>Today's Fruit:</b> Whole Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Whole Grain Chicken Tenders with Dipping Sauce</p> <p><b>Lunch Option #2:</b> Philly Cheese Steak on a Whole Grain Bun</p> <p><b>Sandwich Option #1:</b> Roast Beef and Cheddar on a Pretzel Bun with Lettuce, Tomato, and Pickles</p> <p><b>Salad Option #1:</b> Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Sweet Potato Fries, Cole Slaw</p> <p><b>Today's Fruit:</b> Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Sweet and Sour Chicken</p> <p><b>Lunch Option #2:</b> Pork Dumplings with Sweet and Sour Dipping Sauce</p> <p><b>Sandwich Option #1:</b> Waldorf Chicken Salad Wrap</p> <p><b>Salad Option #1:</b> Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Steamed White Rice, Asian Blend Vegetables</p> <p><b>Today's Fruit:</b> Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<h1>No School</h1>
Monday 11/8	Tuesday 11/9 National Fried Chicken Sandwich Day	Wednesday 11/10	Thursday 11/11	Friday 11/12 National French Dip Day
<p><b>Lunch Option #1:</b> Jumbo Stuffed Shells with Marinara Sauce</p> <p><b>Lunch Option #2:</b> Eggplant Parmesan</p> <p><b>Sandwich Option #1:</b> Italian Cold Cut</p> <p><b>Salad Option #1:</b> Chef Salad</p> <p><b>Today's Sides:</b> Seasoned Green Beans, Garden Salad with Ranch Dressing</p> <p><b>Today's Fruit:</b> Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Bulldog Burrito (beef burrito with cheddar cheese, beans, roasted corn, and salsa)</p> <p><b>Lunch Option #2:</b> Veggie Quesadilla with Sour Cream and Salsa</p> <p><b>Sandwich Option #1:</b> Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p><b>Salad Option #1:</b> Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p><b>Today's Sides:</b> Seasoned Pinto Beans, Spanish Rice</p> <p><b>Today's Fruit:</b> Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Whole Grain Fish Sticks with Tarter Sauce</p> <p><b>Lunch Option #2:</b> Grilled Cheese on Texas Toast</p> <p><b>Sandwich Option #1:</b> Ham and American Cheese with Mustard on Wheat with Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Cobb Salad</p> <p><b>Today's Sides:</b> Sweet Potato Fries, Cole Slaw</p> <p><b>Today's Fruit:</b> Fresh Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Oven Fried Chicken and Waffles</p> <p><b>Lunch Option #2:</b> Grilled Cheese on Texas Toast</p> <p><b>Sandwich Option #1:</b> Barbecue Crispy Chicken Sandwich</p> <p><b>Salad Option #1:</b> Crispy Chicken Salad with Cheddar Cheese and Ranch</p> <p><b>Today's Sides:</b> Steamed Corn on the Cob, Oven Roasted Potatoes</p> <p><b>Today's Fruit:</b> Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> French Dip with Swiss On a Whole Grain Sub Roll</p> <p><b>Sandwich Option #1:</b> Meatball Parmesan Sub</p> <p><b>Salad Option #1:</b> Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p><b>Today's Fruit:</b> Diced Peas</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 11/15	Tuesday 11/16	Wednesday 11/17	Thursday 11/18	Friday 11/19
<p><b>Lunch Option #1:</b> Savory Chicken Pot Pie with Whole Grain Buttermilk Biscuits</p> <p><b>Lunch Option #2:</b> Corn Dog with Honey Mustard</p> <p><b>Sandwich Option #1:</b> Chicken Salad with Lettuce and Tomato on a Kaiser Roll</p> <p><b>Salad Option #1:</b> Chicken Salad Garden Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Macaroni and Cheese, Baked Tater Tots</p> <p><b>Today's Fruit:</b> Watermelon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Sliced Flank Steak with Gravy</p> <p><b>Lunch Option #2:</b> Chicken Cheesesteak Sub with American Cheese</p> <p><b>Sandwich Option #1:</b> Ham and Cheese on Wheat with Lettuce and Tomato and Pickles</p> <p><b>Salad Option #1:</b> Chef Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Steamed Brown Rice, Buttered Broccoli</p> <p><b>Today's Fruit:</b> Orange Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Whole Grain Chicken Tenders with Dipping Sauce</p> <p><b>Lunch Option #2:</b> Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomatoes</p> <p><b>Sandwich Option #1:</b> Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun</p> <p><b>Salad Option #1:</b> Asian Vegetable and Black Bean Salad</p> <p><b>Today's Sides:</b> Baked Fries, Key Largo Vegetables</p> <p><b>Today's Fruit:</b> Mandarin Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Meatloaf with Brown Gravy</p> <p><b>Lunch Option #2:</b> Turkey Reuben</p> <p><b>Sandwich Option #1:</b> Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella</p> <p><b>Salad Option #1:</b> Chicken Caesar Salad with a Whole Grain Bun</p> <p><b>Today's Sides:</b> Seasoned Green Beans, Mashed Potatoes</p> <p><b>Today's Fruit:</b> Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Sloppy Joe on a Whole Grain Roll</p> <p><b>Sandwich Option #1:</b> Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles</p> <p><b>Salad Option #1:</b> Roasted Vegetable and Fresh Mozzarella Salad</p> <p><b>Today's Sides:</b> Italian Blend Vegetables, Baked Tater Tots</p> <p><b>Today's Fruit:</b> Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 11/22	Tuesday 11/23	Wednesday 11/24	Thursday 11/25	Friday 11/26
<p><b>Lunch Option #1:</b> Beef Lasagna with Marinara</p> <p><b>Lunch Option #2:</b> Meatball Parmesan Sub on a Whole Grain Roll</p> <p><b>Sandwich Option #1:</b> Barbecue Chicken Wrap</p> <p><b>Salad Option #1:</b> Crispy Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun</p> <p><b>Today's Sides:</b> Steamed Broccoli, Seasoned Baby Carrots</p> <p><b>Today's Fruit:</b> Diced Peas</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>All School Thanksgiving Meal</b></p> <p>Oven Roasted Turkey Breast with Gravy</p> <p>Green Beans Stuffing Cranberry Sauce Sweet Potato Casserole (Vegetarian Option: Vegetarian "Chicken" Patty with Gravy, Sides, Beverage and Fruit)</p> <p>Whole Apples</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<h1>No School</h1>	<h1>No School</h1>	<h1>No School</h1>
Monday 11/29	Tuesday 11/30			
<p><b>Lunch Option #1:</b> General Tso's Chicken</p> <p><b>Lunch Option #2:</b> Vegetable Spring Rolls with Dipping Sauce</p> <p><b>Sandwich Option #1:</b> Tuna Salad Wrap</p> <p><b>Salad Option #1:</b> Teriyaki Salmon Salad</p> <p><b>Today's Sides:</b> Steamed Broccoli, Vegetable Fried Rice</p> <p><b>Today's Fruit:</b> Diced Peas</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Chicken Oven Fried Steak with Cream Gravy</p> <p><b>Lunch Option #2:</b> Grilled Turkey Burger on a whole Grain Bun with American Cheese, Lettuce and Tomato</p> <p><b>Sandwich Option #1:</b> Roast Beef and Cheddar with Lettuce, Tomato and Pickles</p> <p><b>Salad Option #1:</b> Mozzarella Caprese Salad over Spinach with Roasted Red Peppers, Grilled Red Onions, and Balsamic</p> <p><b>Today's Sides:</b> Mashed Potatoes, Sweet Corn</p> <p><b>Today's Fruit:</b> Diced Peas</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>			