

Monday 11/1 National Calzone Day World Vegan Day	Tuesday 11/2	Wednesday 11/3	Thursday 11/4	Friday 11/5
<p>Lunch Option #1: Ground Beef Soft Tacos with Lettuce, Tomato, Cheese, Salsa, and Sour Cream</p> <p>Lunch Option #2: Chicken Quesadilla with Sour Cream and Salsa</p> <p>Sandwich Option #1: Black Bean and Vegetable Burrito</p> <p>Salad Option #1: Roasted Veggie and Fresh Hummus Salad</p> <p>Today's Sides: Refried Beans, Spanish Rice</p> <p>Today's Fruit: Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Yankee Pot Roast with Carrots, Celery and Onions</p> <p>Lunch Option #2: Veggie Burger with American Cheese on a Whole Grain Roll</p> <p>Sandwich Option #1: Ham and Swiss Sub with Honey Mustard, Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll</p> <p>Today's Sides: Mashed Potatoes, Seasoned Peas</p> <p>Today's Fruit: Whole Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Philly Cheese Steak on a Whole Grain Bun</p> <p>Sandwich Option #1: Roast Beef and Cheddar on a Pretzel Bun with Lettuce, Tomato, and Pickles</p> <p>Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p>Today's Sides: Sweet Potato Fries, Cole Slaw</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Sweet and Sour Chicken</p> <p>Lunch Option #2: Pork Dumplings with Sweet and Sour Dipping Sauce</p> <p>Sandwich Option #1: Waldorf Chicken Salad Wrap</p> <p>Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Steamed White Rice, Asian Blend Vegetables</p> <p>Today's Fruit: 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>Lunch Option #1: Jumbo Stuffed Shells with Marinara Sauce</p> <p>Lunch Option #2: Eggplant Parmesan</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Chef Salad</p> <p>Today's Sides: Seasoned Green Beans, Garden Salad with Ranch Dressing</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Bulldog Burrito (beef burrito with cheddar cheese, beans, roasted corn, and salsa)</p> <p>Lunch Option #2: Veggie Quesadilla with Sour Cream and Salsa</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Tuna fish Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Seasoned Pinto Beans, Spanish Rice</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Whole Grain Fish Sticks with Tarter Sauce</p> <p>Lunch Option #2: Grilled Cheese on Texas Toast</p> <p>Sandwich Option #1: Ham and American Cheese with Mustard on Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Cobb Salad</p> <p>Today's Sides: Sweet Potato Fries, Cole Slaw</p> <p>Today's Fruit: Fresh Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Oven Fried Chicken and Waffles</p> <p>Lunch Option #2: Grilled Cheese on Texas Toast</p> <p>Sandwich Option #1: Barbecue Crispy Chicken Sandwich</p> <p>Salad Option #1: Crispy Chicken Salad with Cheddar Cheese and Ranch</p> <p>Today's Sides: Steamed Corn on the Cob, Oven Roasted Potatoes</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: French Dip with Swiss On a Whole Grain Sub Roll</p> <p>Sandwich Option #1: Meatball Parmesan Sub</p> <p>Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad with a Whole Grain Roll</p> <p>Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Today's Fruit: 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>Lunch Option #1: Savory Chicken Pot Pie with Whole Grain Buttermilk Biscuits</p> <p>Lunch Option #2: Corn Dog with Honey Mustard</p> <p>Sandwich Option #1: Chicken Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Macaroni and Cheese, Baked Tater Tots</p> <p>Today's Fruit: Watermelon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Sliced Flank Steak with Gravy</p> <p>Lunch Option #2: Chicken Cheesesteak Sub with American Cheese</p> <p>Sandwich Option #1: Ham and Cheese on Wheat with Lettuce and Tomato and Pickles</p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll</p> <p>Today's Sides: Steamed Brown Rice, Buttered Broccoli</p> <p>Today's Fruit: Orange Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomatoes</p> <p>Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun</p> <p>Salad Option #1: Asian Vegetable and Black Bean Salad</p> <p>Today's Sides: Baked Fries, Key Largo Vegetables</p> <p>Today's Fruit: Mandarin Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Meatloaf with Brown Gravy</p> <p>Lunch Option #2: Turkey Reuben</p> <p>Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella</p> <p>Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun</p> <p>Today's Sides: Seasoned Green Beans, Mashed Potatoes</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Sloppy Joe on a Whole Grain Roll</p> <p>Sandwich Option #1: Roasted Veggie and Hummus Wrap with Lettuce, Tomato and Pickles</p> <p>Salad Option #1: Roasted Vegetable and Fresh Mozzarella Salad</p> <p>Today's Sides: Italian Blend Vegetables, Baked Tater Tots</p> <p>Today's Fruit: 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>Lunch Option #1: Beef Lasagna with Marinara</p> <p>Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll</p> <p>Sandwich Option #1: Barbecue Chicken Wrap</p> <p>Salad Option #1: Crispy Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun</p> <p>Today's Sides: Steamed Broccoli, Seasoned Baby Carrots</p> <p>Today's Fruit: Diced Peas</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>All School Thanksgiving Meal</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>Lunch Option #1: General Tso's Chicken</p> <p>Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce</p> <p>Sandwich Option #1: Tuna Salad Wrap</p> <p>Salad Option #1: Teriyaki Salmon Salad</p> <p>Today's Sides: Steamed Broccoli, Vegetable Fried Rice</p> <p>Today's Fruit: Diced Peas</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Chicken Oven Fried Steak with Cream Gravy</p> <p>Lunch Option #2: Grilled Turkey Burger on a whole Grain Bun with American Cheese, Lettuce and Tomato</p> <p>Sandwich Option #1: Roast Beef and Cheddar with Lettuce, Tomato and Pickles</p> <p>Salad Option #1: Mozzarella Caprese Salad over Spinach with Roasted Red Peppers, Grilled Red Onions, and Balsamic</p> <p>Today's Sides: Mashed Potatoes, Sweet Corn</p> <p>Today's Fruit: Diced Peas</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>			