



# November Menu Secondary

Monday	Tuesday	Wednesday	Thursday	Friday
5 Baked Chicken or Chicken Fried Steaks with Hot Roll or Pizza Baked Potatoes Sautéed Vegetables Fruit Cup	6 Calzones or Pizza or Burger Steamed Vegetables Fresh Salad and Salad Toppings Fruit Wiggles	7 Chicken Spaghetti with Hot Roll or Burger Fresh Garden Salad Seasoned Vegetables Fruit Cup	8 Build your own Burrito or Crisritos or Pizza Charro Beans Spanish Rice Homemade Salsa Fresh Salad and Salad Toppings Fruit Cup	9 Burger Basket Choice of Burger with Baked Fries or Pizza Fresh Salad and Salad Toppings Fresh Fruit
12 Chicken Nuggets or Chicken Fried Steak with Hot Roll Mashed Potatoes Green Beans Fresh Salad and Salad Toppings Fruit Cup	13 French Bread Pizza or Specialty Pizza or Burger Seasoned Veggies Fresh Salad w/ Toppings Colorful Apple Sauce	14 Homemade Pigs in a Blanket or Corn Dog or Pizza Baked Beans Fresh Salad w/ Toppings Fruit Cup	15 	16 Burger Basket Choice of Burger with Baked Fries or Pizza Lettuce with Pickles Sliced Tomatoes Fresh Fruit
 <h1 style="color: green; opacity: 0.5;">HAPPY THANKSGIVING!</h1>				
26 Smothered Steaks or Chicken Strips with Hot Roll Mashed Potatoes Steamed Broccoli Fresh Salad w/ Toppings Fruit Cup	27 Chicken Parmesan w/ Garlic Stick or Pizza or Burger Seasoned Veggies Fresh Salad w/ Toppings Berries & Cream	28 Asian Bowl or Cheese Burgers Steamed Vegetables Fresh Salad w/ Toppings Pineapple Chunks	29 Tacos with Spanish Rice or Pizza Charro Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	30 Burger Basket Choice of Burger with Baked Fries or Pizza Lettuce with Pickles Sliced Tomatoes Fresh Fruit

Every lunch also includes a choice of Milk.

## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Scrambled Eggs with Toast and Sausage, Bacon, or Ham	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin & Yogurt

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

## Sugar & Spice

Pumpkin season isn't over yet! Thanksgiving is filled with all things pumpkin. Below is a fun and easy recipe for pumpkin seeds!

1. Toss pumpkin seeds in melted butter, sugar, cinnamon, nutmeg, and allspice.
2. Bake at 300°F until golden brown, about 30 minutes.

Enjoy!



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