



Veggie of the Month: Carrots- People used carrots as medicine not food a long time ago. One serving of carrots provides 200% of daily requirement of vitamin A. WOW!!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



YOGURT & GRILLED CHEESE
TOMATO SOUP
BABY CARROTS W/ DIP
CHEESY BROCCOLI
FROZEN JUICE BAR
MILK

OVEN FRIED CHICKEN
OR CHICKEN FRIED STEAK
CHEESY BROCCOLI
STEAMED CORN
ORANGE SLICES
HOMEMADE ROLL
MILK

ASIAN CHICKEN
OR CORNDOG
HOMEMADE FRIED RICE
GREEN PEAS
COOKED CARROTS
FRESH ORANGE & MILK

Tuesday

BEEF OR CHICKEN
CRUNCHY TACOS
REFRIED BEANS
LETTUCE/TOMATO
STEAMED CORN
RAISELS
MILK

FRITO PIE OR HOTDOG
STEAMED CORN
CALIFORNIA VEGGIES
PINEAPPLE
MILK

BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
STEAMED CABBAGE
PINEAPPLE
MILK

BBQ SANDWICH
OR CHICKEN SANDWICH
TATER TOTS
BABY CARROTS W/ DIP
FROZEN JUICE BAR
MILK

Wednesday

CHICKEN NUGGETS
MASHED POTATOES
CHEESY BROCCOLI
FRESH ORANGES
HOMEMADE ROLL
MILK

CHEESEBURGER
OR BBQ SANDWICH
WAFFLE FRIES
BAKED BEANS
BURGER SALAD
RAISELS
MILK

CHEESEBURGER
OR CORNDOG
WAFFLE FRIES
BAKED BEANS
BURGER SALAD
RAISELS
MILK

CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
ORANGE SLICES
HOMEMADE ROLL
MILK

Thursday

CHEESEBURGER
OR BBQ SANDWICH
TATER TOTS
BURGER SALAD
PEACHES
MILK

THANKSGIVING LUNCH
TURKEY & DRESSING OR
NUGGETS
TEXAS SWEET POTATO
GREEN BEANS
APPLE SLICES
HOMEMADE ROLL & MILK

CHICKEN NUGGETS
MASHED POTATOES
COOKED CARROTS
BANANA
GARLIC TOAST
MILK

CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
ORANGE SLICES
HOMEMADE ROLL
MILK

Friday

PEPPERONI PIZZA
OR CHEESE STICKS
PIZZA SAUCE
COOKED CARROTS
GREEN BEANS
ROSY APPLESAUCE
MILK

PEPPERONIE PIZZA
OR CHEESE STICKS
SEASONED SQUASH
GREEN PEAS
PIZZA SAUCE
BANANA
MILK

MEATBALL SUB
OR HOTDOG
REDUCED FAT CHIPS
STEAMED SPINACH
BABY CARROTS W/ DIP
WATERMELON CUPS
MILK

Happy Thanksgiving

