


## MONTH of NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Fish sticks, tartar sauce and potato wedges  Salad Bar – Fresh Fruit	2 Eggs and breakfast sausage with real VT maple syrup Salad Bar – Fresh Fruit	3
4	5 Southern style chicken and dumplings  Salad Bar – Fresh Fruit	6 <b><u>Election Day-</u></b> <b><u>No School</u></b>	7 Black beans and rice with pulled pork  Salad Bar – Fresh Fruit	8 Tilapia, rice pilaf and asparagus  Salad Bar – Fresh Fruit	9 Chicken cordon bleu, roast potatoes, corn on the cob Salad Bar – Fresh Fruit	10
11	12 Grilled cheese and tomato soup Salad Bar – Fresh Fruit	13 Taco Tuesday (seasoned beef with fixings) Salad Bar – Fresh Fruit	14 Chili with corn chips and sour cream  Salad Bar – Fresh Fruit	15 Sausage and asparagus risotto  Salad Bar – Fresh Fruit	16 Meatloaf and mashed potatoes with gravy  Salad Bar – Fresh Fruit	17
18	19 Thanksgiving dinner (turkey, mashed potatoes, gravy, stuffing, cranberry sauce, dinner roll and green beans) Salad Bar – Fresh Fruit	20 <b><u>Half day-</u></b> <b><u>No lunch</u></b>	21 <b>Thanksgiving Break No School</b>	22 <b>Thanksgiving Break No School</b>	23 <b>Thanksgiving Break No School</b>	24 
25	26 Ravioli and breadsticks  Salad Bar – Fresh Fruit	27 Breakfast sandwiches and hash-browns (sausage egg and cheese on English muffin) Salad Bar – Fresh Fruit	28 Vietnamese Curry with rice  Salad Bar – Fresh Fruit	29 Cheese burgers and fries  Salad Bar – Fresh Fruit	30 Chicken Fingers and fries  Salad Bar – Fresh Fruit	

### November Notes:

Milk served daily includes 1% or 2% white milk and fat free chocolate.

#### Salad Bar:

Daily Items: Fresh Greens, Cucumbers, Carrot Sticks, Yogurt, hard boiled eggs, peppers, broccoli, croutons, ham, onions, and three types of fruit.

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