

Monday
Tuesday
Wednesday
Thursday
Friday


4
 Chicken Tenders
 BBQ Dipping Sauce
 Whole Grain Bread Stick
 Cheesy Broccoli
 Fresh Carrots w/LF Ranch Dip
 Hummus Cup

5
 Meat Balls Sub
 Topped w/Cheese
 Steamed Carrot
 Fresh Celery w/LF Ranch Dip

6
 Personal Pan Pizza or
 Gluten Free Pizza
 Tossed Salad w/ LF Italian Dressing
 Tomato Wedges w/LF Ranch Dip

7
 Chicken & Cheese Quesadilla
 Sour Cream & Salsa Cup
 Corn & Black Beans Salad
 Pepper Sticks w/LF Ranch Dip

1
 Chicken Parmesan Sandwich
 Italian Green Bean
 Mixed Veggies w/LF Ranch Dip

8
 Whole Grain Corn Dog
 on Stick
 French Fries
 Fresh Celery w/LF Ranch Dip

11
**Veterans Day
 No School**

12
 Chicken Nuggets
 BBQ Dipping Sauce
 Whole Grain Goldfish
 Corn
 Fresh Carrots w/LF Ranch Dip
 Hummus Cup

13
 Homemade Cheese Pizza
 or Gluten Free Pizza
 Tossed Salad w/ LF Italian Dressing
 Tomato Wedges w/LF Ranch Dip

14
 Chicken Patty on
 Whole Grain Roll
 Spiral Fries
 Mixed Veggies w/LF Ranch Dip

15
 Bosco Sticks
 Marinara Dipping Sauce
 Broccoli
 Mixed Veggies w/LF Ranch Dip

18
 Popcorn Chicken
 BBQ Dipping Sauce
 Whole Grain Dinner Roll
 Corn
 Fresh Carrots w/LF Ranch Dip
 Hummus Cup

19
 Hot Dog on
 Whole Grain Roll
 Baked Beans
 Fresh Celery w/LF Ranch Dip

20
 Stuffed Crust Pizza or
 Gluten Free Pizza
 Tossed Salad w/ LF Italian Dressing
 Tomato Wedges w/LF Ranch Dip

21
 French Toast Sticks
 Sausage Patty
 Tater Tots
 Syrup Cup
 Cuke Coins w/LF Ranch Dip

22
 Hot Turkey Dinner
 Mashed Potato w/Gravy
 Whole Grain Dinner Roll
 Cranberry Sauce
 Green Beans
 Mixed Veggies w/LF Ranch Dip

25
 Chicken Tenders
 BBQ Dipping Sauce
 Whole Grain Goldfish Pretzels
 Green Beans
 Fresh Carrots w/LF Ranch Dip
 Hummus Cup

26
 Asst. Cheese Pizza Day or
 Gluten Free Pizza
 Tossed Salad w/ LF Italian Dressing
 Tomato Wedges w/LF Ranch Dip
 or Mixed Fresh Veggies

27
Thanksgiving Recess
No School

28
**Happy Thanksgiving
 Day From
 All of Us at Schalmont
 Food Service**
No School

29
Thanksgiving Recess
No School