

	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>November 1</b> <b>Spaghetti* with Turkey Meatballs &amp; Marinara</b> Broccoli Florets String Cheese Applesauce	<b>November 2</b> <b>Cheese French Bread Pizza*</b> Baby Carrots Pears
	<b>November 5</b> <b>All-American Cheeseburger on a Bun*</b> Salad with Assorted Salad Dressings Peaches	<b>November 6</b> <b>Chicken Tenders* with BBQ Dipping Sauce &amp; Breadstick*</b> Baby Carrot Cookie* Fresh Apple	<b>November 7</b> <b>Chicken Corn Dog*</b> Kettle-Baked Beans Corn Fresh Orange	<b>November 8</b> <b>KC BBQ Beef Sandwich*</b> Homemade Cole Slaw Oven-Baked Potato Wedges Cookie* Applesauce	<b>November 9</b> <b>Individual Pan Cheese Pizza*</b> Broccoli Florets Pears
	<b>November 12</b> <b>Oven-"Fried" Chicken Drumstick* &amp; Breadstick*</b> Kettle-Baked Beans Corn Fresh Orange	<b>November 13</b> <b>Meatball Sub* with Marinara, Mozzarella &amp; Garnish Cup</b> California Blend Veggies Mixed Fruit	<b>November 14</b> <b>Bosco Stick* with Marinara Dipping Sauce</b> Salad with Assorted Dressings Pineapple	<b>November 15</b> <b>Sliced Turkey with Mashed Potatoes, Gravy &amp; Cranberry Sauce</b> Green Beans Mini Cornbread Loaf* Cookie* Applesauce  <i>Special Lunch</i>	<b>November 16</b> <b>Extra Cheesy Pizza*</b> Sliced Carrots Pears
	<b>November 19</b> <b>Popcorn Chicken Bowl with Mashed Potatoes &amp; Corn*</b> Fresh Orange	<b>November 20</b> <b>All-Beef Hot Dog on a Bun*</b> Oven-Baked Spiral-Cut French Fries Celery Sticks with Fat-Free Ranch Dressing Fresh Grapes	<b>November 21</b>  <b>NO SCHOOL</b>	<b>November 22</b>  	<b>November 23</b>  
	<b>November 26</b> <b>All-American Cheeseburger on a Bun*</b> Parsley Redskin Potatoes Fresh Orange	<b>November 27</b> <b>Chicken &amp; Penne Pasta* with Homemade Alfredo Sauce &amp; Garlic Bread*</b> Capri Blend Veggies Mixed Fruit	<b>November 28</b> <b>Chicken Nuggets* with Twisted Garlic Breadstick* &amp; BBQ Dipping Sauce</b> Kettle-Baked Beans Celery Sticks with Fat-Free Ranch Dressing Pineapple	<b>November 29</b> <b>Breaded Chicken Sandwich* with Lettuce &amp; Tomato</b> Baby Carrots Fresh Banana	<b>November 30</b>  <b>EARLY DISMISSAL</b>  <b>SACK LUNCHES</b>



### Available Each Day:

**1% & Skim White Plus Fat-Free Chocolate Milk**

\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced  
 Milk served with lunch contains no artificial growth hormones or antibiotics  
 Menu is subject to change based on availability and quality of food items

### Eating the Rainbow

Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and vegetables helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange / yellow, green, blue / purple, and white / brown / tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases.



In November, we roll into **Kansas City** as we continue our **Culinary Explorations** journey. Even though Kansas City is not directly on Route 66, it is close enough that we can stop for a taste of the city's world famous barbecue. Did you know that UNESCO named Kansas City as a "Creative City of Music," partly because of its jazz heritage? It is the only city in the United States with that designation.



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