



**IN EVERYTHING  
GIVE THANKS...** 1 THES. 5:18



**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**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



No School

1

No School

2

Meat Loaf  
Steamed Carrots  
Pineapple Chunks  
WG Pan Roll

5

Beef Stroganoff  
Sweet peas  
Tropical Fruit Mix  
WG pan roll

6

Mexican Pasta Bake  
Black Beans  
Pears  
Pan Roll

7

No School

8

No School

9

Meatballs  
Steamed Carrots  
Pineapple Chunks  
WG Pan Roll

12

Chicken Alfredo  
Broccoli  
Oranges  
Graham Crackers

13

Chili Macaroni  
Sweet peas  
Tropical Fruit Mix  
WG pan roll

14

Chicken Patty  
Whole Grain Bun  
Broccoli  
Fruit Cocktail

15

Salisbury Steak  
Mashed Potatoes  
Fresh Green Beans  
Pan Roll  
Fruit Cocktail

16

Cheese Pizza(WG)  
Fresh Spinach Salad  
W/ Ranch Dressing  
Oranges

19

Spaghetti  
Spinach Salad w/tomato  
Pineapples  
Pan Roll

20

No School

21

No School

22

No School

23

Mock Chicken Legs  
Mashed Potatoes  
Sweet Corn  
Fruit Cocktail

26

Beef Taco Filling  
Taco Shells  
Refried Beans  
Pears

27

Hamburger Patty  
Whole Grain Bun  
Crunchy Carrots  
Fruit Cocktail

28

Turkey Frank  
Whole Grain Bun  
Baked Beans  
Peaches

29

Chicken Nuggets  
Green Beans  
Pears  
Pan Roll