

# November 2008

<i>Choice of milk served with all lunches:</i> Chocolate 150/25 1% Milk 110/25 Skim Milk 90/0 Coffee 145/25	<i>A La carte</i> 100% Juice Cups .50 Water .50 Ice Cream .75 Fresh Fruit .50 Milk .50				<b>Lunch \$2.25</b> Fresh fruit is served with all lunches
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERNATE LUNCH
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					Pizza Sun Butter and Jelly Sandwich
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3 - Cal/Fat 925/31	4 - Cal/ Fat	5 - Cal/ Fat 1111/ 40	6 - Cal/Fat 979/29	7 - Cal/Fat 737/26	Alternate Nov 3-7
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Chicken Nuggets Fries Carrots Dipping Sauce Pears Whole Wheat Bread Milk	Professional Day No School for Students	Chicken Bowl Popcorn Chicken, Mashed Potato, Corn, Gravy & Shredded Cheese, Applesauce Rudi Bread Stick Milk	Meatball Sub Green Beans Baked Fries Parmesan Cheese Dill Pickles Apple Crisp w/Topping Milk	Spicy Chicken on a Roll Goldfish Pretzels Carrot & Celery Sticks Ranch Dressing Peaches Milk	Caesar Salad BLT
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10 - Cal/Fat 925/31	11 - Cal/ Fat	12 - Cal /Fat 779/27	13 - Cal/Fat 1199/2	14 - Cal/Fat 737/26	Alternate Nov 10-14
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Chicken Nuggets Puffs Mixed Vegetable Dipping Sauce Pears Whole Wheat Bread Milk	Veteran's Day No School	Taco on Soft Shell Lettuce & Tomato Salsa & Shredded Cheese Sour Cream -- Corn Orange Fruit Snacks Milk	Spaghetti with Meat Sauce Green Beans & French Bread Chocolate Cake w/Choc Frosting Milk	Spicy Chicken on a Roll Corn Chips Carrot & Celery Sticks Ranch Dressing Peaches Milk	Greek Salad Tuna Salad Roll
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17 - Cal/Fat 925/31	18 - Cal/Fat 899/26	19 - Cal/ Fat 1111/ 40	20 - Cal/Fat 762/21	21 - Cal/Fat 737/26	Alternate Nov 17-21
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Chicken Nuggets Fries -- Carrots Dipping Sauce Pears Whole Wheat Bread Milk	Hamburger or Cheeseburger On a Roll Ketchup Corn String Fries Fruit Snack Milk	Chicken Bowl Popcorn Chicken, Mashed Potato, Corn, Gravy & Shredded Applesauce Rudi Bread Stick Milk	Teriyaki Chicken Dipper Rice Pilaf Lemon Zest Broccoli Multi Grain Roll Pineapple Milk Turkey Cookie	Spicy Chicken on a Roll Pretzels Carrot & Celery Sticks Ranch Dressing Peaches Milk	Taco Salad Roast Beef on Roll
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24 - Cal/Fat 925/31	25 - Cal/Fat 794/24	26 - Cal/ Fat	27 - Cal/ Fat	28 - Cal/Fat	Alternate Nov 24-25
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Chicken Nuggets -- Puffs Corn Dipping Sauce Pears Whole Wheat Bread Milk	Hot Dog on a Roll Mustard and Relish Baked Beans New Sweet Corn Puffs Apple Milk	Half Day No Lunch	Thanksgiving Break	Thanksgiving Break	Caesar Salad Nov 30 Greek Salad or Ham and Cheese Sub
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