

Mon., Nov. 2

Chicken Nuggets
 Cheesy Ravioli
 Burrito
 Crispy Chicken Salad
 Sides:
 Mashed Potatoes
 Garden Salad
 Green Peas
 Grapes
 Chilled Peaches
 Pudding
 Loco Bread/Crackers

Tues., Nov. 3

Smoky Rib Sandwich
 Chicken Pot Pie
 Turkey & Cheese Sub
 Grilled Chicken Salad
 Sides:
 Baked Potato Half
 Lettuce/Tomato
 Broccoli & Cheese
 Breaded Okra
 Chilled Fruit Cocktail
 Jello
 Roll/Crackers

Wed., Nov. 4

Roasted Chicken Pizza
 Grilled Cheese with
 Beefy Vegetable Soup
 Chicken Quesadilla
 Chef Salad with Ham
 Sides:
 Mexican Rice
 Lettuce/Tomato
 Collard Greens
 Pinto Beans
 Orange Weges
 Sherbet
 Jalapeno Cornbread

Thurs., Nov. 5

Chicken Patty Sandwich
 Cheeseburger Macaroni
 Ham & Cheese Wrap
 Apple & Yogurt Salad
 Sides:
 Herb-Roasted Potatoes
 Garden Salad
 Glazed Carrots
 Squash Casserole
 Chilled Pears
 Freshly-baked Cookie
 Crackers

Fri., Nov. 6

Hamburger/
 Cheeseburger
 Fish & Chips Basket
 Chicken & Veggie Egg Roll
 Chef Salad with Turkey
 Sides:
 Steamed Rice
 Garden Salad
 Mixed Vegetables
 Pinto Beans
 Chilled Peaches
 Juice Bar
 Roll/Crackers

Mon., Nov. 9

Fish Nuggets
 Tacos
 Turkey & Cheese Wrap
 Chef Salad with Ham
 Sides:
 Tater Tots
 Lettuce/Tomato
 Corn
 Refried Beans
 Chilled Fruit (M.C.)
 Sherbet
 Crackers

Tues., Nov. 10

Crispy Chicken Bites
 Spaghetti Sauce w/
 Meat Sauce
 Turkey & Cheese Wrap
 Taco Salad
 Sides:
 Baked Potato Half
 Garden Salad
 Green Peas
 Orange Wedges
 Fruit Salad
 Freshly-baked Cookie
 Garlic Loco Bread

Wed., Nov. 11

Pizza
 Chicken Cordon Bleu
 Sandwich
 Ham & Cheese Sub
 Chicken Salad
 Sides:
 Potato Wedges
 Lettuce/Tomato
 Peas & Carrots
 Grapes
 Chilled Apricots
 Juice Bar
 Crackers

Thurs., Nov. 12

Chicken Nuggets
 Roasted Turkey & Gravy
 Baked Ham
 Sides:
 Mashed Potatoes
 Dressing
 Garden Salad
 Green Beans
 Sunday Sweet Potatoes
 Fruit Salad
 Baked Cinnamon Apples
 Pumpkin Roll
 Roll/Crackers

Fri., Nov. 13

Hot Dog
 Pepperoni Pleezer
 School Mascot Basket
 Apple & Yogurt Salad
 Sides:
 French Fries
 Carrots & Dip
 Mixed Vegetables
 Coleslaw
 Fresh Fruit (M.C.)
 Pudding
 Crackers

Mon., Nov. 16

Chicken Patty Sandwich
 Sloppy Joes
 Turkey & Cheese Sub
 Tuna Salad
 Sides:
 Steak Fries
 Lettuce/Tomato
 Corn
 Grapes
 Chilled Mandarin Oranges
 Juice Bar
 Crackers

Tues., Nov. 17

Meatball Sub
 Crispy Steak & Gravy
 Tuna Sub
 Oriental Chicken Salad
 Sides:
 Steamed Rice
 Garden Salad
 Cali-blend Veggies
 Fresh Fruit (M.C.)
 Chilled Pineapple
 Jello
 Roll/Crackers



November 25-27 Happy Thanksgiving!

Finding delicious fruits and vegetables during the cold winter months can be a struggle because our favorites tend to be very expensive and poor quality because they are no longer in season. So what can we do to ensure that we enjoy delicious fruits and vegetables year around without going over our food budget?

WE NEED TO BUY FRUITS AND VEGETABLES THAT ARE IN SEASON DURING NOVEMBER THROUGH FEBRUARY!!!

So over the next few months, try the following:

Apples	Pummelo
Belgian Endive	Radicchio
Brussel Sprouts	Red Currants
Cherimoya	Sweet Potatoes
Chestnuts	Tangerines
Collard Greens	Turnips
Dates	Butternut Squash
Grapefruit	Spaghetti Squash
Kale	Acorn Squash
Kiwifruit	
Leeks	
Oranges	
Passion Fruit	
Pears	
Persimmons	

For more information,
 Visit the website:
www.fruitandveggiesmorematters.org



