

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			B – Pancakes, berries S – Fruit, cheese L – Turkey Wrap, fruit, and veggies S – Vegetables, hummus	B – Whole Wheat English Muffin, fruit S – Rice cake, sunbutter, raisins L – Turkey Tacos, rice, beans, veg., fruit S – Fruit, cheese
5	6	7	8	9
B – Oatmeal, berries S – Strawberry, cream cheese sandwich L – Spaghetti, veggies, fruit S – Trail mix	B – Turkey sausage, fruit, toast S – Popcorn, raisins L – Chicken noodle soup, veggies, fruit S – Turkey roll-up	B – Hashbrowns, eggs, fruit S – Apples, dip L – BBQ Baked Beans, rice, veggies, fruit S- Cottage cheese, pineapple	B – Cereal, banana S – Rice cake, sunbutter, raisins L – Grilled Cheese, tomato soup, veggies, fruit S – Vegetables, hummus	B – Smoothie, almonds S – Cheese and crackers L – Mini-Pizza, vegetables, fruit S – Trail Mix
12	13	14	15	16
B –Cereal, fruit S- Fruit, cheese L – Turkey burger, fries and fruit S-Vegetables, hummus	B – Eggs, toast, fruit S – Quesadilla L – Lentils, rice, veggies, and fruit S – Trail Mix	B – Pancakes, berries S – Cottage cheese, peaches L – Baked chicken bites, quinoa, veggies, fruit S – Chips and salsa	B –English Muffin, fruit S- Crackers, cream cheese, cucumbers L – Turkey wrap, fruit and veggies S- Popcorn, raisins	B – Yogurt, berries, granola S – Rice cake, sunbutter, raisins L – Turkey taco, rice, beans veggies, fruit S – Vegetables, hummus
19	20	21	22	23
NO SCHOOL!	NO SCHOOL!	NO SCHOOL!	Happy Thanksgiving! NO SCHOOL!	NO SCHOOL!
26	27	28	29	30
B –Cereal, fruit S- Fruit, cheese L – Turkey burger, fries and fruit S-Vegetables, hummus	B – Eggs, toast, fruit S – Quesadilla L – Lentils, rice, veggies, and fruit S – Trail Mix	B – Pancakes, berries S – Cottage cheese, peaches L – Baked chicken bites, quinoa, veggies, fruit S – Chips and salsa	B –English Muffin, fruit S- Crackers, cream cheese, cucumbers L – Turkey wrap, fruit and veggies S- Popcorn, raisins	B – Yogurt, berries, granola S – Rice cake, sunbutter, raisins L – Turkey taco, rice, beans veggies, fruit S – Vegetables, hummus