

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Gravy 1 Buttermilk biscuits Green beans Fruit Homemade Bread Butter	Crisпитos 2 Cheese sauce Fruit~ Corn Homemade bread Butter Sour cream & salsa Chocolate pudding	Sloppy Joe 3 Homemade Bun Cheese slice Pickles Au Gratin taters Fruit	Hamburgers 4 Homemade Bun French Fries Fruit Cheese slice Pickles K-M
Chicken Nuggets 7 Mashed taters Gravy Fruit K-M-BBQ Homemade bread Butter	Chicken Breast with rice and noodles 8 Green beans Fruit Homemade bread Butter	Taco's with soft shells 9 Shredded Chz and salsa Sour Cream Fruit Corn Homemade Bread Butter	Hot Dogs 10 Homemade bun Macaroni and cheese Pork and Beans Fruit K-M- Relish	Chicken Fried Steak 11 Mashed taters Gravy Fruit Homemade Bread K
Pizza Quesadilla 14 Dippin' sauce Peas Fruit Chocolate Chip Cookie	Corn Dogs 15 Onion Rings Fruit Green Beans Homemade Cinnamon bread Butter K-M	Spaghetti with meat sauce 16 Shredded Cheese Peas Fruit Homemade bread Butter	Breaded Chicken 17 Homemade bun Oven taters Fruit Cheese slice Pickles K-BBQ	Hamburger Gravy 18 Mashed taters Cheesy Broccoli Fruit Homemade bread butter
Mini Taco's 21 Cheese sauce Salsa Sour cream Corn Fruit	Mini Pizza Bagels 22 Corn Fruit Jell-0	23 NO SCHOOL THANKSGIVING BREAK	24 NO SCHOOL THANKSGIVING BREAK	25 NO SCHOOL THANKSGIVING BREAK
Hot Turkey Slices 28 Mashed taters Gravy Fruit Homemade Bread Butter	Popcorn Chicken Tater tots Fruit K-M-BBQ-Honey	30 Sub sandwich on a steak bun Fruit Mixed Veges Chips Mayo-M-pickles BIRTHDAY CAKE	<div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> • 23~24~25 NO SCOOOL THANKSGIVING BREAK • Call 428-3450 by 9 AM 1 day prior to join us for lunch, or email mhoffman@sfcss.org </div>	

NUTRITION TIP: Calcium and Bone Health

- Many children and especially teenage girls do not get the recommended amount of calcium their bodies need each day²
- **MyPlate** states: The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.³



School Information:

- Salad bar includes, lettuce, carrots, cottage cheese, cucumbers, yogurt, diced egg, peas, celery, peppers, and onion, French & ranch dressing & croutons
- Menu subject to change.. 1%.skim & skim choc. milk daily