

# November 2009

## Headstart

A variety of milk offered daily. Special diets are available with a doctor's note and menu. Offer vs Serve is implemented at all grade levels except PK.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2-Nov</b> Cinn Glzd Toast Juice  Chicken Nuggets Green Beans Breadstick Fruit	<b>3-Nov</b> Egg Patty/Biscuit Juice  Cheese Quesadilla Pinto Beans Fruit	<b>4-Nov</b> Cinn Roll Juice  Meatball Sandwich Veggi Beans Carrot Sticks Fruit	<b>5-Nov</b> Eggs Toast / Juice  Pizza, Cheese Corn Raisins Fruit	<b>6-Nov</b> Cereal Toast / Juice  Early Release Ham/Ch Sandwich Fruit Pickle Spears
<b>9-Nov</b> Brk Pizza Juice  Chicken Spaghetti Green Beans Fruit Bread Stick	<b>10-Nov</b> Brk Burrito Juice  Chili w/Crackers Pinto beans Salad Fruit	<b>11-Nov</b> Cinn Roll Juice  Hot Dog Carrot Sticks Veggie Beans Fruit	<b>12-Nov</b> Eggs Toast / Juice  Pizza, Pepperoni Corn Fruit	<b>13-Nov</b> Cereal Toast / Juice  Hamburger/Cheeseburger Pickle Spears Fruit
<b>16-Nov</b> French Toast Stick Juice  Fish Shapes Chili Beans Fruit Cookie	<b>17-Nov</b> Omelet Toast / Juice  Chicken Nuggets Pinto Beans Spanish Rice Fruit	<b>18-Nov</b> Cinn Roll Juice  Mini Corndogs Veggie Beans Fruit	<b>19-Nov</b> Cereal Toast / Juice  Turkey/Dressing Green Beans Fruit Salad / Juice Hot Roll/ Cake	<b>20-Nov</b> Eggs Toast / Juice  Cheeseburger Fruit Pickle Spears
<b>23-Nov</b> Pancakes Juice  Zesty Cheese Rolls Green Beans Fruit	<b>24-Nov</b> Cereal Graham Cracker /Juice Early Release Turkey/Ch Sandwich Sun Chips Pickle Spears Orange Wheels	<b>25-Nov</b> <b>Thanksgiving</b> <b>Holiday</b>		<b>27-Nov</b>
<b>30-Nov</b> Waffles Juice  BBQ Beef Sandwich or Baked Beans Fruit				

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