

# NOVEMBER 2018

## ALTERNATIVE EDUCATION

Monday

Tuesday

Wednesday

Thursday

Friday

A La Carte

### Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

Hot Dog on a Bun

5

Tator Tots  
Baked Beans  
Fruit

Beefy Soft Tacos/Cheese

6

Romaine Lettuce/Tomatoes  
Salsa, Corn  
Apple/Fruit Cup

Pepperoni OR Garlic Pizza

7

Carrot Cup/Dip  
Assorted Fruit Cup

Meatball Tunnel

1

Romaine Veggie Salad  
Apple/Fruit Cup

Macaroni and Cheese

2

Broccoli (steamed)  
Whole Grain Roll  
Assorted Fruit

Chicken Fajita  
With WG Tortilla/Cheese

8

Lettuce ,Tomato, Salsa  
Broccoli  
Grapes/Fruit Cup

Pizza Crunchers

9

Marinara Sauce  
Sweet tots  
Assorted Fruit

Veteran's Day

12

No School

Sampler Lunch  
Chicken Strip/Mozz Stick

13

Marinara Sauce/Dip  
Peas /WG Roll  
Fruit Cup/Orange

Cheese OR Garlic Pizza

14

Carrot Sticks/ Dip  
Assorted Fruit Cup

Roast Turkey/Roll

15

Potatoes w/Gravy  
Carrots (steamed)  
Apple Slices/Fruit Cup

Fish Fillet on a Roll

16

Green Beans  
Coleslaw  
Assorted Fruit Cups

French Toast Sticks

19

Breakfast Sausage  
Broccoli/Carrot/Celery Cup  
Asst.Fruit Cup

Deli Style  
Turkey or Tuna Salad  
Romaine Lettuce, Tomato

20

Sweet Potato Tots  
Baked Beans  
Apple/Fruit Cup

Thanksgiving Recess

21

22

23

No School

Ultimate Cheeseburger on a Bun

26

French Fries (Lettuce, Tomato)  
Baked Beans  
Assorted Fruit

Homemade Spaghetti  
with Meat Sauce

27

Green Beans  
WG Roll & Butter  
Apple/Fruit Cup

Pepperoni OR Garlic Pizza

28

Carrot Cup/Dip  
Assorted Fruit Cup

Chicken Nuggets /Roll

29

Rice  
Corn  
Banana/Fruit Cup

Macaroni and Cheese

30

Broccoli (steamed)  
Whole Grain Roll  
Assorted Fruit

K-8  
6oz Yogurt with String Cheese and Roll  
PB&J Sandwich on Whole Grain Bread  
9-12  
Cheese or Garlic Pizza  
Asst Deli Sandwich on Whole Grain Bread  
Asst Salad with Whole Grain Roll  
Chicken Patty  
Hamburger  
SERVED DAILY  
Assorted Fruit Cup  
Fresh Fruit  
CHOICE OF MILK  
1% White, Fat Free-White, Fat Free-Chocolate, or Fat Free Strawberry

### School News

November 12<sup>th</sup> –Veteran's Day—No School

November 9<sup>th</sup>- ½ day

November 21<sup>st</sup>-23<sup>rd</sup> – Thanksgiving Recess—No School

\*Menu subject to change