


Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Breakfast</b> 1 Pop Tart <b>Lunch</b> Fish Sticks & goldfish w/Tartar sauce Baked Beans	<b>Breakfast</b> 2 Hot Breakfast <b>Lunch</b> Goulash Garden Salad	<b>Breakfast</b> 3 Warm Muffin <b>Lunch</b> Buffalo Chicken Mac n Cheese Steamed Carrots	<b>Breakfast</b> 4 Cereal Or Cereal Bar w/cheese stk. <b>Lunch</b> Cheese Pizza Steamed Broccoli
<b>Breakfast</b> 7 Warm Muffin <b>Lunch</b> Ham & Cheese Flatbread Romaine Salad	<b>8</b> No School	<b>Breakfast</b> 9 Hot Breakfast <b>Lunch</b> Mashed Potato bowls Garlic / Parm. Sweet Potatoes	<b>Breakfast</b> 10 Warm Muffin <b>Lunch</b> Taco Wrap Chick Pea Salad	<b>11</b> No School
<b>Breakfast</b> 14 Warm Muffin <b>Lunch</b> Spaghetti w/meatballs Tossed Salad	<b>Breakfast</b> 15 Pop Tart <b>Lunch</b> Turkey Roll ups Sweet Corn	<b>Breakfast</b> 16 Hot Breakfast <b>Lunch</b> Chicken, Cheese. Peppers onions Wrap Black Beans & Tomato Salad	<b>Breakfast</b> 17 Warm Muffin <b>Lunch</b> Brunch 4 Lunch Raw Carrots	<b>Breakfast</b> 18 Cereal <b>Lunch</b> Cheese Pizza Steamed Broccoli
<b>Breakfast</b> 21 Warm Muffin <b>Lunch</b> Loaded Steak Fries Sweet Corn	<b>Breakfast</b> 22 Pop Tart <b>Lunch</b> Corn Dog Baked Beans	<b>23</b> No School	<b>24</b> Happy Thanksgiving	<b>25</b> No School
<b>Breakfast</b> 28 Warm Muffin <b>Lunch</b> Chicken Wrap (BBQ or Buffalo) Chick Pea Salad	<b>Breakfast</b> 29 Pop Tart <b>Lunch</b> Sloppy Nachos Sweet Corn	<b>Breakfast</b> 30 Hot Breakfast <b>Lunch</b> Mac n Cheese Cucumber & Tomato Salad		

**All Breakfast** offer milk, fruit, 100% juice **ALL Lunches** offer Vegetable, Fruit, Milk Daily: Peanut butter & Jelly, Sandwich of the day, Mon.-, Garden Salad Tiger Pack M-W-TH  
Get your application from main office or our website, ALL Breakfast/Lunch meals are **no longer free** to all. Second lunches are \$2.45.  
Milk (8oz.) 1% white or Fat Free Chocolate.\$.55

No charging of snacks unless there is money on students account. Any questions feel free to contact Pat Metzler 518-794-7600 ,opt.2 ,opt.7