



NOVEMBER | 2018

SMCCHS/SCCS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		"This is an equal opportunity provider."	1 YELLOW Hamburger/ bun Cheese / pickles French fries Mandarin oranges milk	2 GREEN Pretzel cheese sticks Steamed broccoli Carrot sticks Diced peaches milk
5 BLUE Chicken gravy over mashed potatoes Cooked carrots Diced pears Roll milk	6 ORANGE Ham sandwich Mixed vegetables Applesauce Fruit roll- up milk	7 WHITE Baked corn dog Baked beans Apple Rice krispie treat milk	8 PINK Hamburger / bun Cheese / pickles French fries Diced peaches milk	9 YELLOW Cheese pizza Romaine salad Garden peas Applesauce milk
12 GREEN Walking taco Salsa Black beans Corn Pineapple tidbits milk	13 2 Hour delay BLUE Calzone Italian blend vegetables Apple milk	14 ORANGE Baked chicken nuggets Cooked carrots Diced pears Cheddar goldfish milk	15 WHITE Hamburger/ bun Cheese / pickles French fries Applesauce milk	16 PINK Macaroni & cheese Green beans Mixed fruit Roll milk
19 WHITE Pepperoni pizza Corn Mandarin oranges Cookie milk	20	21	22	23
26 YELLOW Meatball sub w/mozzarella Pretzels Corn Diced peaches milk	27 GREEN Chicken fajita w/ cheese Cooked carrots Refried beans Apple milk	28 BLUE Popcorn chicken Baked hash brown Green beans Mixed fruit milk	29 ORANGE Hamburger/ bun Cheese/ pickles French fries Fresh orange wedges milk	30

Thanksgiving Break

News

Pre-school \$2.25

K-5 \$2.75

6/7/8 \$3.00

9/10/11/12 \$3.25

Milk .50

Wellness tip: make your diet more heart healthy:

- 1.) Increase soluble fiber (oats, beans, and fruit.)**
- 2.) Eat more vegetables**
- 3.) Get active (walk, run, bicycle, swim.)**