



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cranberries are referred to as a "Super Food" due to their high nutrient and antioxidant content!</p> 		1 <b>BBQ Pulled Pork Sandwich</b> Sweet Potato Fries Seasoned Corn	2 <b>Chicken Taco</b> Spanish Rice Romaine Lettuce Pinto Beans Salsa Sour Cream	3 <b>Cheeseburger on a Bun</b> Jo Jo's Garden Salad
6 <b>Corn Dogs</b> Baked Beans Romaine Lettuce	7 <b>Chicken Nuggets</b> Mashed Potatoes w/ Gravy Dinner Roll Baby Carrots	8 <b>Spaghetti w/ Meat Sauce</b> Garlic Breadstick Popeye Salad Chilled Peas	9 <b>Beef Taco</b> Spanish Rice Mexi-Corn Romaine Lettuce	10 <b>Parent Teacher Conferences</b>  <b>No School</b>
13 <b>Mac &amp; Cheese</b> Garlic Breadstick Steamed Peas Baby Carrots	14 <b>Hot Ham &amp; Cheese Sandwich</b> Romaine Lettuce Baked Beans	15 <b>Crunchy Frito Pie</b> Romaine Lettuce Grape Tomatoes Dinner Roll	16 <b>Beef Pasta Bake</b> Glazed Carrots Garlic Breadstick Crisp Celery	17 <b>Roast Turkey</b> Mashed Potatoes Gravy Stuffing Green Beans
20 <b>Italian Dunker w/ Marinara Sauce</b> Steamed Broccoli Baby Carrots	21 <b>Corn Dog</b> Potato Wedges Coleslaw Chilled Peas	22 <b>Happy Thanksgiving</b>		
27 <b>Grilled Cheese</b> Tomato Soup Popeye Salad Green Peppers	28 <b>Chicken Nuggets</b> Mashed Potatoes w/ Gravy Dinner Roll Baby Carrots	29 <b>Tater Tot Nachos</b> Spanish Rice Romaine Lettuce Pinto Beans Salsa Sour Cream	30 <b>Pizza Dippers w/ Marinara Sauce</b> Glazed Carrots Baby Carrots	

**NUTRITION BAR**

Included with your meal and offered daily.  
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at [npsd@aviands.com](mailto:npsd@aviands.com) or call 715-479-5800