

Monday

Tuesday

Wednesday

Thursday

Friday

1
Chili w/ Crackers
String Cheese
Carrots
Applesauce Cup
Banana
Milk

2
Cheeseburger
WG Hamburger Bun
French Fries
Mango
Fruit Smoothie
Milk

3
Hot Dog
WG Hotdog Bun
Green Beans
Fresh Cauliflower
Cantaloupe
Milk

4
WG Beef Taco Sticks
w/salsa & sour cream
Romaine Lettuce
Corn
Diced Watermelon
Fruit Smoothie
Milk
(2 hour early out)

7
WG Breaded Pork Patty
WG Hamburger Bun
Fresh Marinated Veggie Salad
Mandarin Oranges
Watermelon Juice Cup
Milk

8
Grilled Cheese Sandwich
WG Bread
Mixed Veggies
Cottage Cheese
Applesauce Cup
Grapes
Milk

9
WG Popcorn Chicken
Seasoned Curly Fries
Peas
Pineapple Tidbits
Peach Cups
Milk

10
Walking Taco
Taco Meat Lettuce Cheese
Cheesy Refried Beans
Chuckwagon Corn
Strawberry Cups
WG Cinnamon Roll
Milk

11
WG French Bread Pizza
Romaine Lettuce
Green Beans
Fresh Honeydew
Tropical Fruit Cup
Milk
(2 hour early out)

14
WG Corn Dogs
Romaine Lettuce
Hummus Cup
Cucumbers
Mixed Fruit
Pretzels
Milk

15
Ham & Cheese
WG Hamburger Bun
Fresh Cauliflower
Peaches
Sliced Apples
Milk

16
WG Chicken Sandwich
WG Hamburger Bun
Tator Tots
Fresh Broccoli
Orange Slices
Mango Pineapple Smoothie
Milk

17
Thanksgiving Meal
Turkey Roast
Mashed Potatoes/Gravy
Corn
Four Cup Salad/Dinner Roll
Pumpkin Bars/Cream Cheese Frosting
Milk

18
WG Cheese Pizza
Fresh Broccoli
Mini Carrots
Banana
Mixed Fruit
Milk
(2 hour early out)

21
Chicken & Waffles
Mashed Potatoes
Corn
Kiwi
Strawberry Cups
Milk

22
Cheeseburger
WG Hamburger Bun
Baked Beans
Fresh Cauliflower
Sliced Red Peppers
Strawberry Banana Smoothie
Milk

23
NO SCHOOL

24
**HAPPY
THANKSGIVING**

25
NO SCHOOL

28
Cheddarwurst
WG Hot Dog Bun
Baked Beans
Corn
Diced Peaches
Cantaloupe
Milk

29
WG Chicken Tenders
French Fries
Mini Carrots
Diced Watermelon
Mixed Fruit
Homemade Cookie
Milk

30
Scalloped Potatoes & Ham
Homemade School Roll
Romaine Lettuce
Peas
Pineapple Tidbits
Strawberries
Milk

Milk Variety

Chocolate Fat Free
White Fat Free
White 1%
Milk offered at all meals
(Extra Milk \$.40)

Average meal calorie count

Lunch
*K-5 (550-650)
*6-8 (600-700)
*9-12 (750-850)

Breakfast \$1.85
Adult BK \$2.40
Lunch \$2.85
Adults \$4.25

Please check your account balance online:
www.indeek12.org
click on "School Lunch Program"

