



# NOVEMBER

## MIDDLE AND HIGH



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> CHICKEN PARMESAN w/PASTA Tossed Salad Baked Potato Bread Stick Fresh Apple Peach cup	<b>3</b> MAC N CHEESE W/ LITTLE SMOKIES Pinto beans Cabbage Stewed Tomatoes Onions, Cornbread Banana Frozen Fruit Cup	<b>4</b> SWEET&SOUR CHICKEN W/ RICE AND NC BROCCOLI CROWNS Fortune Cookie Pineapple Chunks Sliced Kiwi	<b>5</b> MEATLOAF Mashed Potatoes Green Beans Hot Yeast Roll NC Spiced Apples Oranges	<b>6</b> FRUIT AND YOGURT PLATE Tossed Salad Corn on the Cob Banana Red Grapes
<b>9</b> CHICKEN ALFREDO W/ NC BROCCOLI AND BREAD STICK Cucumbers and Carrots w/ dip Peach Slices Orange	<b>10</b> BAKED ZITI Tossed Salad California Veggies Bread stick NC Fresh Apple Fruit Cocktail	<b>11</b> HOLIDAY 	<b>12</b> PORK ROAST W/ GRAVY Mashed Potatoes Green Beans Seedless Grapes Pear Cup	<b>13</b> CHEESE QUESADILLA Tomato Soup Pinto Beans Frozen Fruit Cup Banana
<b>16</b> SEAFOOD BASKET W/ HUSHPUPIES Cole Slaw Whole Kernel Corn Grapes Peach Slices	<b>17</b> CRUNCHY OR SOFT TACO Lettuce, Tomato, Salsa, Sour Cream, Cheese, Black Beans and Rice Whole Kernel Corn Mandarin Oranges Kiwi Slices	<b>18</b> SPAGHETTI Garden Salad Carrots Bread Stix Orange Pear Cup	<b>19</b> TURKEY AND DRESSING W/ HOT YEAST ROLL Green Beans or Broccoli Casserole Sweet Potato Casserole or Mashed Potatoes w/ Gravy, Cranberry Sauce Pumpkin Pie w/ whipped cream	<b>20</b> GRILLED CHICKEN FILLET Lettuce Tomato Baked Potato Carrot Stix w/dip Banana Applesauce
<b>23</b> TURKEY POT PIE Mixed Veggies Broccoli Spears Biscuit Applesauce Banana	<b>24</b> STUFFED CRUST PIZZA Crinkle Cut Fries Broccoli Spears w/ Cheese Sauce Frozen fruit Cup Fresh Grapes	<b>25</b> 	<b>26</b>  Happy Thanksgiving	<b>27</b> 
<b>30</b> CHICKEN SALAD WRAP Lettuce and Tomato Broccoli Cheese Soup Peas Red Grapes Jello wfruit				

**Menu subject to change without notice.  
 CHOICE OF MILK/FRESH FRUIT/JUICE/FRUIT CUP  
 "This is an equal opportunity provider."**