

**Breakfast**  
**Served Daily**  
**from 7:00-7:50 A.M.**  
**Monday**

**November 2017**  
**Crusader Café**



**Healthy Tip: Sweet Potatoes**  
 help Learning & are **PACKED**  
 w/ Vit C, E & Beta Carotene!

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

		1	2	3
		<b>All Saints Day</b> <b>No School</b>	<b>Chicken Alfredo</b> Broccoli Fruit Cup  <i>Grilled Italian</i>	<b>Frito Chili Pie</b> Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup  <i>Buffalo Chicken</i>
6	7	8	9	10
<b>Italian Baked Chicken</b> Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	<b>Taco Salad Bowl</b> Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	<b>Oriental Sesame Chicken Salad</b> Wheat Roll Pork Eggroll Fruit Cup <i>Turkey Bacon Melt</i>	<b>Wing Fling</b> Soft Pretzel Potato Cakes/Baked Beans Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	<b>Stuffed Crust Pizza</b> Tossed Salad Carrots Fruit Cup <i>Buffalo Chicken</i>
13	14	15	16	17
<b>Nachos Supreme</b> Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	<b>Sweet &amp; Sour Chicken</b> Pasta Roasted Vegetables Breadstick Fruit Cup <i>Grilled Italian</i>	<b>Shrimp Poppers</b> Mashed Potatoes Corn Fruit Cup <i>Chicken Ranch</i>	<b>Spaghetti &amp; Meatballs</b> California Vegetables Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	<b>Chicken Quesadilla</b> Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Meatball Sub/Bierock</i>
20	21	22	23	24
	<b>T H A N K S G I V I N G   B R E A K</b>			
27	28	29	30	
<b>Chicken Tenders</b> Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	<b>Chicken Parmesan</b> Pasta Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>	<b>Zesty Cuban Sandwich</b> Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Grilled Italian</i>	<b>Crispy Fish Strips</b> Macaroni & Cheese Broccoli Fruit Cup <i>Southwest Chicken</i>	<b>Sweet Potatoes</b> *Low on Glycemic Index *High in Potassium *Rich in Fiber & Iron *Reduces Inflammation *Helps w/ Sleep & Vision

**Deli Sandwiches & Burgers are offered every day!**

Please select Fruit & Vegetables for a balanced meal!

"USDA is an equal opportunity provider and employer."