



K3-K4 1 lunch \$3.00 / 20 lunches \$50.00
 K5-3rd 1 lunch \$3.50 / 20 lunches \$60.00
 4th-6th 1 lunch \$4.00 / 20 lunches \$70.00
 7th-12th 1 lunch \$4.50



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

Wednesday

Thursday

Friday

1
 Taco salad
 Fruit

2
 Ham
 Mac & cheese
 Vegetable
 Fruit

3
 BBQ on bun
 Chips
 Vegetable
 Fruit

4
 Pizza
 Inn

7
 Chicken Tenders
 French fries
 Vegetable
 Fruit

8
 Cheeseburger
 Chips
 Vegetable
 Fruit

9
 Ravioli
 Garlic bread
 Vegetable
 Fruit

10
 Chili, chips, and cheese
 Fruit

11
 Pizza
 Inn

14
 Corn dog
 French fries
 Vegetable
 Fruit

15
 Pinto beans
 Corn bread
 Potato casserole
 Fruit

16
 Meatballs
 Noodles
 Vegetable
 Fruit

17
 Fish
 Mac & cheese
 Vegetable
 Fruit

18
 Pizza
 Inn

21
 Chicken nuggets
 French fries
 Vegetable
 Fruit

22
Thanksgiving Meal
 Turkey and dressing, green beans, rolls, cranberry sauce, pumpkin pie
 \$7.00/guest
 FCA students regular price

23
No lunch
Dismiss at 11:00

24
Happy Thanksgiving!

25
No school
No child care

28
No school
Child care provided

29
 Grilled cheese
 Soup
 Fruit

30
 Quesadilla
 Chips and cheese
 Vegetable
 Fruit

