



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

