

Monday

All Meals include choice of entrée, milk, fruit, hot and cold vegetable. Must include at least one fruit or vegetable.

MaxStix
 (Cheesy Pizza Breadsticks)
 Marinara Sauce
 Garlic Green Beans

Tuesday

DAILY ALTERNATIVE MEALS:
 Sun Butter and Jelly Sandwich
 Turkey Sandwich
 Crispy Chicken or Vegetarian Salad
 Fruit and Yogurt Parfait
 Bagel Box (Week of Nov 3 & 17)
 Muffin Box (Week of Nov 10 & 24)

**No School
 Election Day**


Wednesday

Pasta and Meat Sauce
 WG Breadstick
 Broccoli

Thursday

Everyday Offerings:

Assorted Fresh and Canned Fruit
 Rainbow Veggie Tray
 100% Fruit Juice
 Choice of
 Unflavored Low fat or
 Flavored Fat Free Milk

Friday

Harvest of the Month: Cranberries!

Did you know cranberries can *bounce* when they're fresh? These tart little berries are packed with vitamin C and antioxidants, making them both fun and healthy! Keep an eye out this month for delicious cranberry-inspired sides and treats on our menu!

Cheese Pizza Bagel
 Garden Salad with
 Ranch Dressing

Chicken Patty Sandwich
 Crinkle Cut Fries
 Vegetarian Baked Beans

**No School
 Veteran's Day**

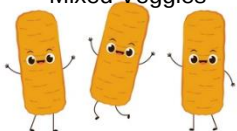


Harvest Mac and Cheese
 WG Breadstick
 Italian Green Beans

Nachos
 Seasoned Beef Crumbles &
 Cheddar Cheese Sauce
 Over Tortilla Chips
 Brown Rice
 Corn
 Salsa and Sour Cream

National Pickle Day!
 Personal Cheese Pizza
 OR
 Personal Pickle Pizza!
 Garden Salad with Italian
 Dressing

Mozzarella Sticks
 Marinara Sauce
 Mixed Veggies



Chicken Nuggets
 Smile Fries
 Garlic Breadstick

Confetti Pancakes
 Chicken Sausage Patty
 Egg Patty
 Hash Brown
 Maple Syrup

Thursday Feast!
 Turkey Shaped Nuggets
 Steamed Corn
 Mashed Potatoes
 WG Honey Biscuit

National Cranberry Day
 Cheese or Pepperoni Pizza Slice
 Kale Yeah! Salad
 (Blend of local Romaine
 Lettuce, Kate, Craisins with
 Italian Dressing)

Pizza Crunchers
 Potato Wedges
 Garlic Green Beans

Chicken and Waffles
 Tater Tots
 Maple Syrup



No School

No School

No School



**Thanksgiving Break
 No School**



Menu is subject to change. Please notify kitchen manager of any food allergies.

This institution is an equal opportunity provider. Contact Food Service Director, Jennifer Zarrilli, MS, RDN, CDN with any questions
 203-879-8145 or jzarrilli@thomastonschool.org