
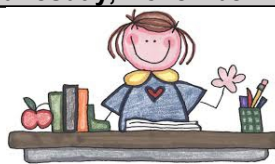


				Friday, November 1st Grilled chicken served with brown rice and steamed peas. Fresh fruit for dessert.
Monday, November 4th Turkey meatballs served with brown rice and mixed vegetables. Apple sauce for dessert.	Tuesday, November 5th Penne pasta with light Alfredo Sauce and broccoli. Fresh fruit for dessert.	Wednesday, November 6th Lean ground beef served with brown rice and a side of black beans. Fresh fruit for dessert.	Thursday, November 7th Homemade baked fish fingers served with brown rice and a side of corn. Fresh fruit for dessert.	Friday, November 8th Chopped chicken served with saffron rice and a side of vegetables. Fresh fruit for dessert.
Monday, November 11th	Tuesday, November 12th	Wednesday, November 13th	Thursday, November 14th	Friday, November 15th
	Spaghetti with meat sauce, peas and carrots and a side of bread stick. Fruit cup for dessert.	Chicken parmesan and a side of penne pasta. Fresh fruit for dessert.	All beef meatballs with brown rice and mixed vegetables. Fresh fruit for dessert.	All natural grilled chicken breast served with mashed potatoes and steamed broccoli. Apple sauce for dessert.
Monday, November 18th	Tuesday, November 19th	Wednesday, November 20th	Thursday, November 21st	Friday, November 22nd
All natural beef meatballs served with brown rice and a side of baby carrots. Apple sauce for dessert.	Macaroni and cheese sauce' with carrots and corn. Fresh fruit for dessert.	Baked fish sticks served with mashed potatoes and a side of mixed vegetables. Apple sauce for dessert.	Baked chicken tenders served with baked sweet potatoes and veggies. Apples slices for dessert.	Organic thin crust cheese pizza served with steamed broccoli. Yogurt for dessert.
Monday, November 25th	Tuesday, November 26th	Wednesday, November 27th	Thursday, November 28th	Friday, November 29th
Arroz con pollo; saffron rice. Served with baked sweet plantains. Apple sauce for dessert.	<u>Roasted turkey in organic gravy over sweet mashed potatoes and steamed veggies. Pumpkin bread for dessert.</u> <u>Early dismissal 12:30</u>		hAPPY thanks giving	hAPPY thanks giving