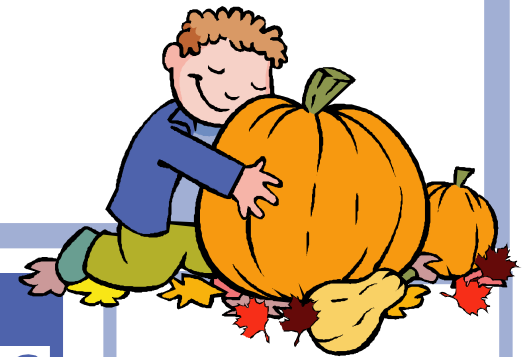


November 2009

Breckenridge Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Bosco Sticks & Sauce Cold Sandwiches Fruit & Veggie Cups California Blend Veggies Milk</p>	<p>3</p> <p>Macaroni & Cheese Cold Sandwiches Fruit & Veggie Cups Seasoned Green Beans Milk /Dinner Roll</p>	<p>4</p> <p>Tacos Cold Sandwiches Fruit & Veggie Cups Seasoned Corn Milk</p>	<p>5</p> <p>Pop Corn Chicken Cold Sandwiches Fruit & Veggie Cups Au gratin Potatoes Milk</p>	<p>6</p> <p>Chef Salad & Bread Stick Cold Sandwiches Fruit & Veggie Cups Seasoned Corn Milk</p>
<p>9</p> <p>Spaghetti & Meat Sauce Cold Sandwiches Fruit & Veggie Cups Seasoned Green Beans Milk / Dinner Roll</p>	<p>10</p> <p>Nachos & Cheese Cold Sandwiches Fruit & Veggie Cups Seasoned Peas Milk</p>	<p>11</p> <p>Chicken Fryz Cold Sandwiches Fruit & Veggie Cups California Blend Veggies Milk / Dinner Roll</p>	<p>12</p> <p>Pizza Cold Sandwiches Fruit & Veggie Cups Seasoned corn Milk</p>	<p>13</p> <p>NO SCHOOL</p>
<p>16</p> <p>NO SCHOOL</p>	<p>17</p> <p>Mini Corn Dogs Cold Sandwiches Fruit & Veggie Cups Seasoned Green Beans Milk</p>	<p>18</p> <p>Macaroni & Cheese Cold Sandwiches Fruit & Veggie Cups Broccoli & Cauliflower Milk / Dinner Roll</p>	<p>19</p> <p>Chicken Patty on Bun Cold Sandwiches Fruit & Veggie Cups French Fries Milk</p>	<p>20</p> <p>Ravioli & Bread Stick Cold Sandwiches Fruit & Veggie Cups Seasoned Corn Milk</p>
<p>23</p> <p>Pizza Cold Sandwiches Fruit & Veggie Cups Seasoned Peas Milk</p>	<p>24</p> <p>Turkey & Gravy Mashed Potatoes Stuffing Fruit Dessert Milk / Dinner Roll</p>	<p>25</p> <p>Walking Taco Cold Sandwiches Fruit & Veggie Cups Seasoned Carrots Milk</p>	<p>26</p> <p>Happy Thanksgiving</p>	<p>27</p> 
<p>30</p> <p>Chicken Tenders Cold Sandwiches Fruit & Veggie Cups Potato Wedge Milk</p>				

News

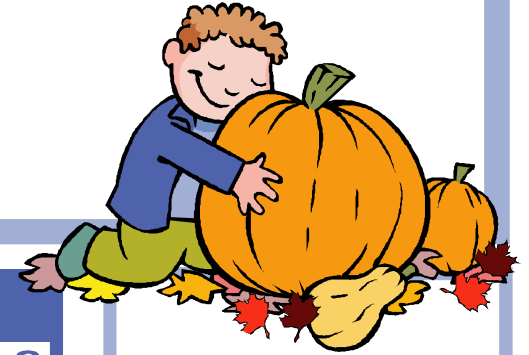
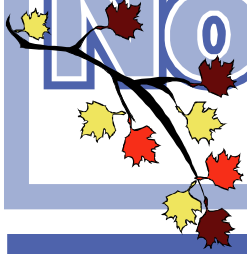
Try lots of different fruits, veggies and whole grains for a healthy diet. You're bound to find a few you really like!

Popcorn is a whole grain, high-quality snack that's loaded with fiber. Air-popped popcorn is the healthiest, and remember to take it easy on the salt and butter.



November 2009

Fajitas
Cold Sandwiches
Fruit & Veggie Cups
Seasoned Green Beans
Milk



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

