

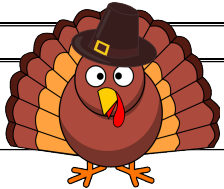


NOVEMBER

River Springs 9-12

10/29	10/30	10/31	11/1
			
		Lunch CHILI NACHO COMBO CRISPY CHICKEN DRUMSTICK ^ CHILI NACHO COMBO # Southwestern Corn, Jalapenos, Corn Muffin ^ Apple Slices, Grape Juice	Lunch POPCORN CHICKEN ^ OR PEPPERONI PIZZA ^ FISH STICKS & FRIES # Jalapenos Romaine Lettuce, Cucumber Coins, Croutons ^ Pineapple Tidbits, Orange Tangerine Juice
5	6	7	8
Lunch CHICKEN & GREEN CHILE TAMALES OR CHEESEBURGER & BUN ^ OR CHEESE & GREEN CHILE TAMALES # Whole Kernel Corn, Fresh Bell Pepper Slices Diced Pears, Apple Juice	Lunch SPAGHETTI & MEATBALLS ^ w/(IW) Breadstick ^OR SPAGHETTI & MEATBALLS # ^ w/(IW) Breadstick ^OR BBQ CHICKEN & BUN ^ Fresh Zucchini, Green Beans Orange Tangerine Juice, Mixed Fruit Cup	Lunch ORANGE CHICKEN W/ BROCCOLI OR CHEESE LASAGNA W/ TOMATO SAUCE OR ORANGE CHICKEN W/ BROCCOLI # Garden Vegetable Pineapple Tidbits, Fresh Fruit, Vanilla Cookie^	Lunch BEEF & CHICKEN TOSTADA ^ OR BEAN & CHEESE PUPUSA # Jalapenos, Fiesta Beans, Diced Carrots Apple Slices, Grape Juice Sun Chips^ Honey Roasted Sunflower Seeds
12	13	14	15
No 	Non-Student Day	Lunch PEPPERONI FLATBREAD ^ OR GENERAL TSO'S CHICKEN W/ NOODLES^ OR CHEESE FLATBREAD ^# Fresh Cauliflower Florets Maple Carrots, Fresh Broccoli Florets Strawberry Kiwi Juice, Fresh Fruit, Sun Chips	Lunch CRISPY CHICKEN DRUMSTICK ^ OR SALISBURY STEAK w/ MASHED POTATOES # Corn Muffin ^, (IW) Burger Bun ^ French Fries, Green Beans Mixed Fruit Cup, Fresh Fruit
19	20	21	22
Thanksgiving Break			
26	27	28	29
Lunch CORN DOG OR CHICKEN & GREEN CHILE TAMALES OR VEGGIE NUGGETS # Corn, Fresh Jicama Sticks, Mixed Fruit Cup Strawberry Kiwi Juice	Lunch CHICKEN QUESO BURRITO ^ OR BEAN & CHEESE BURRITO ^ # OR BUILD YOUR OWN TACO w/ (IW) Soft Tortilla ^ Refried Beans, Salsa Cup, Jalapenos Applesauce Cup, Fresh Fruit	Lunch SALISBURY STEAK w/ MASHED POTATOES OR SALISBURY STEAK # OR CHICKEN SANDWICH w/ BUN ^ Country Blend Vegetables, Fresh Bell Pepper Slices, Fresh Fruit, Pineapple Tidbits	 Lunch GEN TSO'S CHICKEN & NOODLES ^ (& available Vegan) OR SPAGHETTI ^ & MEATBALLS Diced Carrots Fresh Fruit Sun Chips
30			
			Lunch PIZZA DIPPERS^ # w/ Marinara Dipping Sauce OR ORANGE CHICKEN w/ Broccoli (IW) Breadstick^, Snickerdoodle Cookie Fresh Baby Spinach w/ Light Ranch Dressing Diced Peaches, Fresh Fruit
** ^ DENOTES ITEM IS WHOLE GRAIN OR WHOLE WHEAT ** # DENOTES ITEM IS VEGETARIAN			
*MENU SUBJECT TO CHANGE **ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND CHOICE OF 1% OR 0% WHITE MILK ***WE ARE AN EQUAL OPPORTUNITY PROVIDER			