
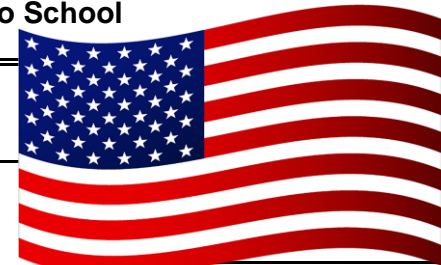



NOVEMBER

EMPIRE SPRINGS K-8

<p>10/29 Lunch BLACK BEAN & CHEESE BURRITO^ OR TERIYAKI CHICKEN W/ FRIED RICE Broccoli, Salsa Cup Fresh Banana</p>	<p>10/30 Lunch BAKED CHICKEN NUGGETS^ OR FRENCH TOAST STICKS WITH SAUSAGE^ OR VEGGIE NUGGETS#^ Potato Rounds, Cucumber Slices Apple Juice</p>	<p>10/31 Lunch TURKEY RANCH BURGER^ OR CHILI DOG^ OR VEGGIE BURGER#^ Vegetarian Beans, Baby Carrots Mixed Fruit Cup</p> 	<p>1 Lunch CHILI NACHO COMBO also available Vegetarian CRISPY CHICKEN DRUMSTICK ^ Southwestern Corn, Corn Muffin ^ Apple Slices</p>	<p>2 Lunch POPCORN CHICKEN ^ OR PEPPERONI PIZZA ^ Jalapenos Romaine Lettuce, Fat Free Ranch Dressing Pineapple Tidbits</p>
<p>5 Lunch CHICKEN & GREEN CHILE TAMALE OR CHEESEBURGER & BUN ^ OR CHEESE & GREEN CHILE TAMALE # Whole Kernel Corn, Diced Pears</p>	<p>6 Lunch SPAGHETTI & MEATBALLS ^ OR SPAGHETTI & MEATBALLS # ^ OR BBQ CHICKEN & BUN ^ Fresh Zucchini Slices, (IW) Breadstick ^ Orange Tangerine Juice</p>	<p>7 Lunch ORANGE CHICKEN W/ BROCCOLI OR CHEESE LASAGNA W/ TOMATO SAUCE OR ORANGE CHICKEN W/ BROCCOLI # Fresh Red Pepper Slices Pineapple Tidbits</p>	<p>8 Lunch BEEF & CHICKEN TOSTADA ^ OR BEAN & CHEESE PUPUSA # Jalapenos, Fiesta Beans Apple Slices</p>	<p>9 Lunch CHICKEN SANDWICH on BUN ^ OR TURKEY CORN DOG MONTEREY VEGGIE BURGER on BUN^ # Country Blend Vegetables, Fresh Fruit</p>
<p>12 Veteran's Day</p>	<p>13 Non-Student Day</p>	<p>14 Lunch PEPPERONI FLATBREAD ^ OR GENERAL TSO'S CHICKEN W/ NOODLES^ OR CHEESE FLATBREAD ^# Fresh Cauliflower Florets Fresh Pear</p>	<p>15 Lunch CRISPY CHICKEN DRUMSTICK ^ OR SALISBURY STEAK w/ MASHED POTATOES # Corn Muffin ^, (IW) Sliced Bread ^ Fresh Red Pepper Slices, Sweet Maple Carrots Mixed Fruit Cup</p>	<p>16 Lunch FRENCH TOAST STICKS w/ SAUSAGE ^ OR FRENCH TOAST STICKS w/ EGGS # ^ OR CHICKEN ALFREDO PASTA ^ Mango Wango Juice, Diced Peaches</p>
<p>No School</p> 	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>Thanksgiving Break</p>				
<p>26 Lunch CORN DOG OR CHICKEN & GREEN CHILE TAMALE OR VEGGIE NUGGETS # Corn, Fresh Jicama Sticks, Mixed Fruit Cup</p>	<p>27 Lunch CHICKEN QUESO BURRITO ^ OR BEAN & CHEESE BURRITO ^ # OR BUILD YOUR OWN TACO w/ (IW) Soft Tortilla ^ Refried Beans Applesauce Cup</p>	<p>28 Lunch SALISBURY STEAK w/ MASHED POTATOES OR SALISBURY STEAK # OR CHICKEN SANDWICH w/ BUN ^ Mixed Vegetables, Fresh Fruit</p>	<p>29 Lunch GEN TSO'S CHICKEN & NOODLES ^ (& available Vegan) OR SPAGHETTI ^ & MEATBALLS Fresh Red Pepper Slices Strawberry Kiwi Juice</p> 	<p>30 Lunch PIZZA DIPPERS^ w/ Marinara Dipping Sauce OR ORANGE CHICKEN w/ Broccoli (IW) Breadstick^ Fresh Baby Spinach w/ Light Ranch Dressing Diced Peaches</p>

****ALL MEALS SERVED WITH THE APPROPRIATE CONDIMENTS AND THE CHOICE OF 1% or 0% MILK ** ^ DENOTES ITEM IS WHOLE GRAIN OR WHOLE WHEAT ** # DENOTES ITEM IS VEGETARIAN**

****MENU SUBJECT TO CHANGE**

****WE ARE AN EQUAL OPPORTUNITY PROVIDER**