



Fresh Fruit & Salad with 2 Other Sides Daily
 Free/Reduced Applications Available in each office or
 online at www.ewsc.k12.in.us
 *This institution is an equal opportunity provider



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
 Go light on the meat and top your pizza with vegetables like tomatoes,
 onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Daily 7:50-8:10
 S: \$1.50 A: \$1.80
 Lunch:
 S: \$2.50 A: \$3.30

In the operation of children feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability.

Sloppy Jo on W/G Bun **1**
 *Hot Dog on W/G Bun
 Broccoli
 *Corn

Chili w. W/G Crackers **2**
 Ham/Cheese Sandwich on W/G Bun
 Green Beans
 Fresh Broccoli, Carrots, Tomatoes

*Cheeseburger W/G Bun **3**
 Fish Sandwich W/G Bun
 Baked Beans
 *Baked Fries

Chicken Tenders & Roll **6**
 Teriyaki Dippers & Roll
 *Broccoli & Cheese
 Glazed Carrots

Mini-Corn Dogs **7**
 Pork Rib Pattie W/G Bun
 Fresh Veggies
 Tator Tots

*Chicken Pattie W/G Bun **8**
 Burrito
 Sweet Potato Fries
 Romaine Salad

Thanksgiving Meal **9**
 Turkey/Dressing & Roll
 Pepperoni Pizza
 Green Beans
 Mashed Potatoes
 W/G Cookie

Max Sticks & Marinara **10**
 Grilled Chicken & Roll
 Baked Beans
 Romaine Salad

*Chicken Nuggets **13**
 Breaded Pork Chop & Roll
 Corn
 California Blend

*Spaghetti & Mini Bosco **14**
 Stick
 Chicken Pattie W/G Bun
 *Green Beans
 Romaine Salad

Corn Dog **15**
 Bosco Stick & Marinara Sauce
 Fresh Baby Carrots
 Baked Fries

Walking Taco/Chips **16**
 Turkey/Cheese Sandwich on W/G Bun
 Shredded Lettuce
 Cherry Tomatoes
 Refried Beans

Pepperoni Pizza **17**
 Hamburger
 Broccoli
 Seasoned Strait Fries

Chicken Pattie W/G Bun **20**
 Max Sticks & Sauce
 Sweet Potato Fries
 Green Beans

Stuffed Crust Pizza **21**
 Chicken Quesadilla
 Baked Beans
 Fresh Baby Carrots & Tomatoes

22
 Thanksgiving Break

23
 Thanksgiving Break

24
 Thanksgiving Break

Chicken & Noodles & Roll **27**
 Hamburger W/G Bun
 Green Beans
 *Sweet Potato Fries

Taco Soup **28**
 Corn Dog
 Romaine Salad
 *Corn

Bosco Sticks & Marinara **29**
 Chicken Pattie W/G Bun
 Coleslaw
 Baked Beans

Pepperoni Pizza **30**
 Turkey/Cheese Sandwich
 Broccoli
 Fresh Veggies

