4	Monday	Tuesday	Wednesday	Thursday	Friday			-
					1			-21
7					Cheezy Garlic			i para
					Flatbread		······	
					Golden Corn			<u>I</u> UUU
				-		105	Mar Mar	agement Inc
4	*000 01 0 11	5 Cookie Bite Day	6		8	THE CONTRA	Internet of the Broker Lo	CONTRACT BUILDING AND
	*BBQ Rib Patty	Taco Pretzel w/Taco	Half Day	Chicken Nuggets	Hot Diggity Dog	AS 12.00		
	Sandwich	Meat & Cheese	No Lunch	w/Waffle & Syrup	w/Chili	102 80 33	IVIO F	lon
	Veggie Beans	Golden Corn		Potato Puffs	Garden Peas			
							Junior Fil	yn schoo
11	1	12	13 Brownie Bite Day	14	15		Novemb	er 2019
	Veteran's Day	Fiesta Nachos	Chicken Alfredo	Crispy Chicken	Stuffed Italian Pizza	0 8400	Hannah and a sea h	
	No School	Supreme	Garlic Bread	Tenders**	w/Marinara		AND DOME ALL DE DES PERIODES DE	
	10 301001	Refried Beans	Glazed Carrots	Oven Fries	Steamed Broccoli	1 1 2 10		
		Kellieu bealis	Olazed Callots	Oventhes	Steamed broccon		Lunch	Milk
10		40		04		L. Reil		
18	8 Cookie Bite Day	19	20	21	22 Thanksgiving Meal	Bar Rilling	\$2.80	\$0.50
	Macaroni & Cheese**	Walking Tacos	Popcorn Chicken**	Fluffy Pancakes	Roasted Turkey in	AND ADDR		
		Seasoned Black	Mashed Potatoes	w/*Sausage	Gravy**		Milk is included	A Variety of Milk
	Glazed Carrots	Beans	w/Gravy	Oven Fries	Mashed Potatoes	CAN DAR	with Lunch	is Offered Daily
					Baked Cinnamon		8	131
					Apples	1488348		
25	5	26 Brownie Bite Day	27	28	29		Arbor A Nut	rition Mission
	*Juicy Bacon	Fiesta Nachos				(語) (語)		rition Mission
	Cheeseburger	Supreme	No School	No School	No School	111111		tudents daily:
	Golden Corn	Refried Beans	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	1.15	✓ A wide variety of financial	resh, nutrient rich foods
			···		···	1034-5182	✓ Fresh fruits and ve	
							sourced as season	• •
						817101237307		
						DOM BURGER AND	Cogo froe poultry	
	Er			daily with all lup				with no added hormone
	Fr	esh F <mark>ruit & Vegg</mark> i	e Bar available (daily with all lun	ches		or steroids	
	Fr	esh Fruit & Veggi	e Bar available (daily with all lun	ches	11	or steroids ✓ Fresh whole and r	with no added hormone nultigrain bread, buns
	Fr						or steroids	
	Fr	Crispy Chicke	n or Spicy Chic	ken Sandwich			or steroids ✓ Fresh whole and r and baked goods	nultigrain bread, buns
	Fr	Crispy Chicke	n or Spicy Chic	ken Sandwich			or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk	nultigrain bread, buns free from any growth
	Fr	Crispy Chicke	n or Spicy Chic			1	or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc	nultigrain bread, buns free from any growth cal, sustainable farms
	Fr	Crispy Chicke	n or Spicy Chic	ken Sandwich		A	or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc	nultigrain bread, buns free from any growth
		Crispy Chicke Grilled Burgers	n or Spicy Chic	ken Sandwich Jelly Sandwich			or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc	nultigrain bread, buns free from any growth cal, sustainable farms
	Fr Cheese V	Crispy Chicke	n or Spicy Chic	ken Sandwich		1	or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc	nultigrain bread, buns free from any growth cal, sustainable farms - Arber Management
		Crispy Chicke Grilled Burgers	n or Spicy Chic	ken Sandwich Jelly Sandwich		19	or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc	nultigrain bread, buns free from any growth cal, sustainable farms <i>Arbor Management</i> r a Healthy Lifestyle!
	Cheese V	Crispy Chicke Grilled Burgers	n or Spicy Chic & Sunbutter & Cheese V	ken Sandwich Jelly Sandwich *Pepperoni	Cheese V	19	or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc Make Choices for	nultigrain bread, buns free from any growth cal, sustainable farms <i>Arber Management</i> r a Healthy Lifestyle!
	Cheese V Chicken Caesar	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken	ken Sandwich Jelly Sandwich *Pepperoni Turkey & Cheese			or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc Make Choices for Make Choices for	nultigrain bread, buns free from any growth cal, sustainable farms <i>Arber Management</i> r a Healthy Lifestyle! For more information or to "Ask the Dietitian",
	Cheese V	Crispy Chicke Grilled Burgers	n or Spicy Chic & Sunbutter & Cheese V	ken Sandwich Jelly Sandwich *Pepperoni	Cheese V		or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc Make Choices for	nultigrain bread, buns free from any growth cal, sustainable farms <i>Arber Management</i> r a Healthy Lifestyle! For more information or to "Ask the Dietitian",
	Cheese V Chicken Caesar	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken	ken Sandwich Jelly Sandwich *Pepperoni Turkey & Cheese	Cheese V		or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc Make Choices for Make Choices for	nultigrain bread, buns free from any growth cal, sustainable farms <i>Arber Management</i> r a Healthy Lifestyle! For more information or to "Ask the Dietitian",
	Cheese V Chicken Caesar Wrap	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese Wrap	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken Wrap	*Pepperoni Turkey & Cheese Wrap	Cheese V Ranch Chicken Wrap		or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc Make Choices for Make Choices for make Choices for Make Choices for	nultigrain bread, buns free from any growth cal, sustainable farms <i>Arbor Management</i> r a Healthy Lifestyle! For more information or to "Ask the Dietitian", check out our website
	Cheese V Chicken Caesar Wrap Crispy Chicken	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken Wrap Chicken Caesar	*Pepperoni Turkey & Cheese Wrap Buffalo Chicken	Cheese V		or steroids Fresh whole and r and baked goods No-fat or 1% milk hormones from loc Make Choices for Make Choice	nultigrain bread, buns free from any growth cal, sustainable farms Arber Management r a Healthy Lifestyle! For more information or to "Ask the Dietitian", check out our website U? Compreh
	Cheese V Chicken Caesar Wrap	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese Wrap	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken Wrap	*Pepperoni Turkey & Cheese Wrap	Cheese V Ranch Chicken Wrap		or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc Make Choices for Make Choices for woor online arbormgLcom	nultigrain bread, buns free from any growth cal, sustainable farms <i>Arber Management</i> r a Healthy Lifestyle! For more information or to "Ask the Dietitian", check out our website UP Compreh nutrition &
	Cheese V Chicken Caesar Wrap Crispy Chicken	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese Wrap	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken Wrap Chicken Caesar	*Pepperoni Turkey & Cheese Wrap Buffalo Chicken	Cheese V Ranch Chicken Wrap		or steroids Fresh whole and r and baked goods No-fat or 1% milk hormones from loc Make Choices for Make Choice	nultigrain bread, buns free from any growth cal, sustainable farms Arber Management a Healthy Lifestyle! For more information or to "Ask the Dietitian", check out our website Comprehnutrition & guides
	Cheese V Chicken Caesar Wrap Crispy Chicken Salad** =Vegetarian option availa	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese Wrap Chef Salad**	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken Wrap Chicken Caesar Salad**	*Pepperoni Turkey & Cheese Wrap Buffalo Chicken Salad**	Cheese V Ranch Chicken Wrap		or steroids ✓ Fresh whole and r and baked goods ✓ No-fat or 1% milk hormones from loc Make Choices for Make Choices for woor online arbormgLcom	nultigrain bread, buns free from any growth cal, sustainable farms Arber Management r a Healthy Lifestyle! For more information or to "Ask the Dietitian", check out our website Compreh nutrition & guides available
V=	Cheese V Chicken Caesar Wrap Crispy Chicken Salad** =Vegetarian option availa 'Served with whole grain	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese Wrap Chef Salad**	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken Wrap Chicken Caesar Salad**	*Pepperoni Turkey & Cheese Wrap Buffalo Chicken Salad**	Cheese V Ranch Chicken Wrap Caesar Salad **V		or steroids Fresh whole and r and baked goods No-fat or 1% milk hormones from loc Make Choices for 	nultigrain bread, buns free from any growth cal, sustainable farms Arber Management a Healthy Lifestyle! For more information or to "Ask the Dietitian", check out our website Comprehnutrition & guides
V=	Cheese V Chicken Caesar Wrap Crispy Chicken Salad** =Vegetarian option availa	Crispy Chicke Grilled Burgers *Pepperoni *Ham & Cheese Wrap Chef Salad**	n or Spicy Chic & Sunbutter & Cheese V Buffalo Chicken Wrap Chicken Caesar Salad**	*Pepperoni Turkey & Cheese Wrap Buffalo Chicken Salad**	Cheese V Ranch Chicken Wrap Caesar Salad **V		or steroids Fresh whole and r and baked goods No-fat or 1% milk hormones from loc Make Choices for 	nultigrain bread, buns free from any growth cal, sustainable farms Arber Management r a Healthy Lifestyle! For more information or to "Ask the Dietitian", check out our website Compreh nutrition & guides available