



NOVEMBER | 2018

MARIAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pizza 1 ea Carrots 1 c Salad 1 c Fruit 1 c	2 Pasta Primavera 6 oz Spinach Salad 1 c Fruitable 1 ea Fruit 1 c
5 Cheeseburger 1 ea Corn 1 c Cauliflower 1 c Fruit 1 c	6 Fajitas 1 ea Peppers/onions ¼ c Lettuce ¼ c Refried Beans ½ c Fruit 1 c Cheese/sour cream 1 oz	7 Marco's Pizza 1 ea Carrots 1 c Salad 1 c Fruit 1 c	8 Salisbury Steak 1 ea Potatoes ½ c Green Beans 1 c Fruit 1 c	9 Cheese Quesadilla 1 ea Black Bean Salsa 1 c Broccoli 1 c Tostitos 1 ea Fruit 1 c
12 Chicken Patty 1 ea Red Beans and rice 1 c Broccoli 1 c Fruit 1 c	13 Pizzas 1 ea Spinach Salad 1 c Carrots 1 c Fruit 1 c	14 Hot Dog 1 ea Tater tots 6 ea Fruitable 1 ea Fruit 1 c	15 BBQ Pork 1 ea Corn 1 c Green Beans 1 c Fruit 1 c	16 Bosco sticks 2 ea Salad 1 c Malibu Blend 1 c Fruit 1 c
19 Turkey 2 oz Mashed Potatoes ½ c Corn 1 c Roll 1 ea Fruit 1 c	20 Bruno's Pizza 1 ea Salad 1 c Carrots 2 ea Fruit 1 c	21 No School	22 Thanksgiving	23 Shop Till you drop Day
26 Pizza 1 ea Salad 1 c Carrots 2 ea Fruit 1 c	27 French Toast 1 ea Tater Tots 6 ea Sausage 2 ea Fruit 1 c	28 Chicken Nachos 2 oz Refried Beans 1 c Lettuce/tomatoes ½ c Tostitos 1 ea Fruit 1 c	29 Hot Ham and cheese 1 ea Cauliflower 1 c Broccoli 1 c Fruit 1 c	30 Mac n Cheese 6 oz Salad 1 c Fruitable 1 ea Roll 1 ea Fruit 1 c

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