Lakeview Woods Menu NOVEMBER 2016 K-8,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Turkey Dog on Bun Creamy Coleslaw Baked Beans Apricots Ketchup Milk 1% White Fat Free Choc. Milk	1 Ground Beef Stroganoff Carrots Rotini Peaches Milk 1% White Fat Free Choc. Milk	2 Beef Shepard Pie Broccoli Hamburger bun Frozen Strawberries Milk 1% White Fat Free Choc. Milk	3 Baked Fish Stewed Tomatoes Spinach Brown Rice Pilaf Raisins Orange Juice Milk 1% White Fat Free Choc. Milk	4 Meatloaf w/Brown Gravy Quick Baked Potato Green Beans Cornbread Peaches Milk 1% White Fat Free Choc. Milk
7 Macaroni with chicken/broccoli Carrots Mixed Fruit Orange Juice Milk 1% White Fat Free Choc. Milk	8 Sloppy Joe on Bun Gateway Tossed Salad Corn Pears Fat Free Ranch Milk 1% White Fat Free Choc. Milk	9 Chicken Tamale Pie Black Beans Brown Rice Mandarin Oranges Milk 1% White Fat Free Choc. Milk	10 Chicken Salad Sandwich Herbed Cauliflower Raw Tomatoes Pineapple Milk 1% White Fat Free Choc. Milk	11 Tuna Noodle Casserole Peas and Carrots Whole Grain Bread Apricots Milk 1% White Fat Free Choc. Milk
14 Chicken Nuggets Mashed potatoes and gravy Broccoli Whole wheat sugar cookie Pears Milk 1% White Fat Free Choc. Milk	15 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL Milk 1% White Fat Free Choc. Milk	16 Spaghetti w/meat sauce Black beans Pears Milk 1% White Fat Free Choc. Milk	17 BBQ Chicken Green beans Creamy Coleslaw Hamburger Bun Mixed fruit Margarine Milk 1% White Fat Free Choc. Milk	18 Fish nuggets Tarter sauce Peas and Carrots Stewed tomatoes Spiced peaches Milk 1% White Fat Free Choc. Milk
21 Turkey dressing and gravy Carrots Corn Wholegrain bread Margarine Strawberries Milk 1% White Fat Free Choc. Milk	22 Gateway Chicken Salad Gateway tossed salad Garlic toast Oatmeal muffin square Pineapple Fat Free Ranch Milk 1% White Fat Free Choc. Milk	23 NO SCHOOL Milk 1% White Fat Free Choc. Milk	24 NO SCHOOL Milk 1% White Fat Free Choc. Milk	25 NO SCHOOL Milk 1% White Fat Free Choc. Milk

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Lakeview Woods Menu NOVEMBER 2016 9-12,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Turkey Dog on Bun Creamy Coleslaw Macaroni Salad Baked Beans Apricots Ketchup Milk 1% White Fat Free Choc. Milk	1 Ground Beef Stroganoff Carrots Rotini Peaches Milk 1% White Fat Free Choc. Milk	2 Beef Shepard Pie Broccoli Hamburger bun Frozen Strawberries Milk 1% White Fat Free Choc. Milk	3 Baked Fish Stewed Tomatoes Spinach Brown Rice Pilaf Raisins Orange Juice Milk 1% White Fat Free Choc. Milk	4 Meatloaf w/Brown Gravy Quick Baked Potato Green Beans Cornbread Peaches Milk 1% White Fat Free Choc. Milk
7 Macaroni with chicken/broccoli Carrots Hamburger Bun Mixed Fruit Orange Juice Milk 1% White Fat Free Choc. Milk	8 Sloppy Joe on Bun Gateway Tossed Salad Corn Pears Fat Free Ranch Milk 1% White Fat Free Choc. Milk	9 Chicken Tamale Pie Black Beans Brown Rice Mandarin Oranges Milk 1% White Fat Free Choc. Milk	10 Chicken Salad Sandwich Herbed Cauliflower Raw Tomatoes Pineapple Milk 1% White Fat Free Choc. Milk	11 Tuna Noodle Casserole Peas and Carrots Whole Grain Bread Apricots Milk 1% White Fat Free Choc. Milk
14 Chicken Nuggets Mashed potatoes and gravy Broccoli Whole wheat sugar cookie Pears Milk 1% White Fat Free Choc. Milk	15 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL Milk 1% White Fat Free Choc. Milk	16 Spaghetti w/meat sauce Black beans Pears Milk 1% White Fat Free Choc. Milk	17 BBQ Chicken Green beans Creamy Coleslaw Hamburger Bun Mixed fruit Margarine Milk 1% White Fat Free Choc. Milk	18 Fish nuggets Tarter sauce Peas and Carrots Stewed tomatoes Spiced peaches Milk 1% White Fat Free Choc. Milk
21 Turkey dressing and gravy Carrots Corn Wholegrain bread Margarine Strawberries Milk 1% White Fat Free Choc. Milk	22 Gateway Chicken Salad Gateway tossed salad Garlic toast Oatmeal muffin square Pineapple Fat Free Ranch Milk 1% White Fat Free Choc. Milk	23 NO SCHOOL THANKSGIVING BREAK Milk 1% White Fat Free Choc. Milk	24 NO SCHOOL THANKSGIVING BREAK Milk 1% White Fat Free Choc. Milk	25 NO SCHOOL THANKSGIVING BREAK Milk 1% White Fat Free Choc. Milk

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