







<b>Special selections:</b> <b>Mon:</b> Tuna on whole wheat <b>Tues:</b> Shepard's Pie with a roll <b>Wed:</b> Ham & Cheese on whole wheat <b>Thurs:</b> Cereal & yogurt <b>Fri:</b> Chili w/roll		1 <sup>st</sup> Whole wheat Pancakes Turkey sausage juice, fruit, Salad bar, milk	2 <sup>nd</sup> Turkey Taco Salad Salsa, sour cream Salad bar Fruit, Milk	3 <sup>rd</sup> Stuffed crust pizza fruit, Juice broccoli Salad bar, Milk
6 <sup>th</sup> Turkey Hot Dogs Whole wheat roll Baked beans Fruit milk	7 <sup>th</sup> <i>Professional          Development          Day          No School</i>	8 <sup>th</sup> Fish Sticks Oven fries Cole slaw Fruit, juice Salad bar, Milk	9 <sup>th</sup> Whole Wheat Pasta Meat or marinara sauce Salad bar Fruit, Milk	10 <sup>th</sup> <i>No School</i> 
13 <sup>th</sup> Bagel Cheese omelet Fruit, juice Salad bar Milk	14 <sup>th</sup> Hamburger/ Cheeseburger Baked beans Salad bar Fruit, milk	15 <sup>th</sup> Grilled Cheese & Soup Green beans Salad bar Fruit, Milk	16 <sup>th</sup> Chicken nuggets Oven fries Salad bar Fruit Juice, milk	17 <sup>th</sup> French Bread Pizza Fruit, broccoli Salad bar Milk
20 <sup>th</sup> Chicken Patty Whole grain roll Corn fruit Salad bar Milk	21 <sup>st</sup> <i>Thanksgiving Feast!</i> Turkey Sandwiches Baby Carrots Milk, fruit Pumpkin bread	22 <sup>nd</sup> <i>No School</i> 	23 <sup>rd</sup> 	24 <sup>th</sup> <i>No School</i> 
27 <sup>th</sup> French toast sticks sausage Carrots Fruit, juice, Milk	28 <sup>th</sup> Lasagna Roll ups Broccoli Salad bar Fruit, Milk	29 <sup>th</sup> Chicken nuggets Oven fries Salad bar Fruit, Juice, milk	30 <sup>th</sup> Turkey Taco Salad Salsa, sour cream Salad bar Fruit, Milk	<i>Lunch \$2.50          Reduced:          .40          Adult lunch:          \$3.50</i>

**Addition options: Grilled cheese on whole wheat or Yogurt with sunbutter and jelly.  
 Eight ounces of skim, low fat or fat free chocolate milk is also included as part of part  
 complete meal.**



*Salad bar and fruit available with every meal!*

**For questions please contact Lorrie Goodfellow at (413) 637-5570 E-mail: [lgoodfellow@lenoxps.org](mailto:lgoodfellow@lenoxps.org)**

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