




*One percent milk is served with breakfast and lunch*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		
<p><b><u>NOTE: THIS FRIDAY 11/1/19 IS A SCHOOL DAY:</u></b></p> <p><b><u>Cook's Choice</u></b></p>				 <p>(On November 3: Daylight Savings Time Ends)</p>				
<b>Breakfast</b> Yogurt/Fruit/Cereal Parfait G5 <b>WG</b> <b>Lunch</b> Pocket Hotdish D52 (meat or cheese) / Mixed Greens Pears <b>Snack</b> Parfait / Milk	<b>4</b>	<b>Breakfast</b> Frosted Mini Wheats <b>WG</b> / Oranges <b>Lunch</b> Hamburger on a Bun Vegetable Peaches <b>Snack</b> Cereal / Milk	<b>5</b>	<b>Breakfast</b> Bagel/Cream Cheese Applesauce <b>Lunch</b> Chicken Enchilada DC <b>WG</b> Tortilla Chips / Corn Mandarin Oranges <b>Snack</b> Bagels	<b>6</b>	<b>Breakfast</b> Waffles <b>WG</b> Raspberries <b>Lunch</b> Spaghetti D3 Green Beans / Apple <b>Snack</b> Waffles / Raspberries / Milk	<b>7</b>	
Holiday No School		<b>11</b> <b>Breakfast</b> English Muffin Jam / Mixed Fruit <b>Lunch</b> Chicken Strips <b>WG</b> Mash Potatoes / Oranges <b>Snack</b> Same / Milk	<b>12</b>	<b>13</b> <b>Breakfast</b> WW Toast <b>WG</b> Pears <b>Lunch</b> Turkey Tetrizzini D45 Vegetable / Mixed Fruit <b>Snack</b> Toast / Milk	<b>13</b>	<b>14</b> <b>Breakfast</b> Muffin/Quick Bread Pineapple <b>Lunch</b> <b>WG</b> Grilled Cheese F13 Tomato Soup / Crackers Peaches <b>Snack</b> Same / Milk	<b>14</b>	
<b>18</b> <b>Breakfast</b> Oatmeal <b>WG</b> Banana <b>Lunch</b> Macaroni & Cheese D20 Mixed Greens Apple <b>Snack</b> Cereal / Milk	<b>18</b>	<b>19</b> <b>Breakfast</b> <b>WG</b> Life Cereal Oranges <b>Lunch</b> Meatloaf / Dinner Roll Mash Potato Tropical Fruit <b>Snack</b> Cereal / Milk	<b>19</b>	<b>20</b> <b>Breakfast</b> <b>WG</b> Cinnamon Toast / Pears <b>Lunch</b> Broccoli Cheese Soup H5 Crackers Fruit <b>Snack</b> Same / Milk	<b>20</b>	<b>21</b> <b>Breakfast</b> Quaker Oatmeal Squares <b>WG</b> / Fruit <b>Lunch</b> BBQ / Bun F12 Baked Beans Pineapple <b>Snack</b> Same/Milk	<b>21</b>	
<b>25</b> <b>Breakfast</b> Sunny Muffins D7a Pineapple <b>Lunch</b> Fish <b>WG</b> Mixed Greens Apple <b>Snack</b> Same / Milk	<b>25</b>	<b>26</b> <b>Breakfast</b> Honey Kix <b>WG</b> Oranges <b>Lunch</b> Chicken Alfredo Vegetable / Fruit <b>Snack</b> Same / Milk	<b>26</b>	Holiday No School		<b>27</b>	Holiday No School	
				Holiday No School		<b>28</b>	Holiday No School	



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## toasted pumpkin seeds

*Carve and decorate your pumpkin.  
Save the seeds for a fun autumn snack!*

- step 1** Remove all the fibers and spread the seeds on a baking pan.
- step 2** Spray lightly with vegetable oil spray and toss the seeds to coat.
- step 3** Bake the pumpkin seeds in a 350° oven for 15 to 20 minutes, stirring occasionally.
- step 4** Season the seeds with salt, parmesan cheese, taco seasoning, garlic powder or your favorite seasonings.



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No. 336

en español

## semillas de calabaza tostadas

*Talle y decore su calabaza.  
¡Separe las semillas para una delicia otoñal!*

- paso 1** Quite las fibras adheridas y coloque las semillas en una bandeja de horno.
- paso 2** Rocíe con spray vegetal y revuelva las semillas hasta recubrirlas bien.
- paso 3** Hornee las semillas a 350° durante 15 a 20 minutos, revolviendo a menudo.
- paso 4** Condimente con sal, queso parmesano, sazónador de tacos, ajo en polvo, o sus condimentos favoritos.



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