BOARDMAN HIG Monday		Lunch Wednesday	Thursday	November 202: Friday
lvioriday		(1)	(2)	(3)
		Rotini and Beef Meatballs	Cocca's Cheese Pizza Uncrustable w/ String Cheese and Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat Yogurt Boat Steamed Broccoli Baby Carrots Cupped Fruit Choice Variety of Fresh Fruits 100% Fruit Juice Choice Ranch Dressing  McChocolate Milk Fat Free Strawberry Milk Lowfat Milk, Unflavored Fat Free Milk, unflavored	Chicken Nuggets
Popcorn Chicken Uncrustable w/ String Cheese and Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat	Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat	Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat	Salsa Boat	Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat
Crinkle Cut Fries Baked Beans Cupped Fruit Choice Variety of Fresh Fruits 100% Fruit Juice Choice Goldfish Crackers	Yogurt Boat      Mashed Potatoes with Gravy     Baby Carrots     Cupped Fruit Choice      Variety of Fresh Fruits     100% Fruit Juice Choice     Fresh Baked Biscuit     Ranch Dressing	Yogurt Boat     Steamed Green Beans     Baby Carrots & Grape Tomatoes     Cupped Fruit Choice     Variety of Fresh Fruits     100% Fruit Juice Choice     Chocolate Chip Cookie     Ranch Dressing	Yogurt Boat     Corn     Zesty Black Bean Salsa     Cupped Fruit Choice     Variety of Fresh Fruits     100% Fruit Juice Choice     Taco Sauce	Yogurt Boat     Garden Side Salad with dressing     Cucumber Slices     Cupped Fruit Choice     Variety of Fresh Fruits     100% Fruit Juice Choice     Sidekick Slushie
1% Chocolate Milk Fat Free Strawberry Milk Fat Free Milk, unflavored Lowfat Milk, Unflavored	<ul> <li>Margarine Cup</li> <li>1% Chocolate Milk</li> <li>Fat Free Strawberry Milk</li> <li>Fat Free Milk, unflavored</li> <li>Lowfat Milk, Unflavored</li> </ul>	<ul> <li>1% Chocolate Milk</li> <li>Fat Free Strawberry Milk</li> <li>Fat Free Milk, unflavored</li> <li>Lowfat Milk, Unflavored</li> </ul>	<ul> <li>1% Chocolate Milk</li> <li>Fat Free Strawberry Milk</li> <li>Fat Free Milk, unflavored</li> <li>Lowfat Milk, Unflavored</li> </ul>	<ul> <li>1% Chocolate Milk</li> <li>Fat Free Strawberry Milk</li> <li>Fat Free Milk, unflavored</li> <li>Lowfat Milk, Unflavored</li> </ul>
Uncrustable w/ String Cheese and Cheez-Its Chef's Salad	(14)  • Cheesy Breadstick Rippers  • Uncrustable w/ String Cheese and Cheez-Its  • Chef's Salad  • Turkey & Cheese Sandwich(HS)  • Salsa Boat  • Yogurt Boat	(15) French Toast Sticks Uncrustable w/ String Cheese and Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat Yogurt Boat	(16) Papa John's Cheese Pizza Uncrustable w/ String Cheese and Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat Yogurt Boat	(17) • Student's Choice • Uncrustable w/ String Cheese ar Cheez-Its • Chef's Salad • Turkey & Cheese Sandwich(HS) • Salsa Boat • Yogurt Boat
100% Fruit Juice Choice Fritos Ketchup	Steamed Green Beans     Celery     Marinara Cup     Cupped Fruit Choice     Variety of Fresh Fruits     100% Fruit Juice Choice     Blueberry Cheesecake Dessert	Potato Triangle     Monster Juice     Cupped Fruit Choice     Variety of Fresh Fruits     100% Fruit Juice Choice     Cinnamon Goldfish Graham     Turkey Sausage Links	Garden Side Salad with dressing Cucumber Slices Cupped Fruit Choice Variety of Fresh Fruits 100% Fruit Juice Choice Sidekick Slushie 1% Chocolate Milk	<ul> <li>Corn</li> <li>Fresh Veggie Dippers with Rancl</li> <li>Cupped Fruit Choice</li> <li>Variety of Fresh Fruits</li> <li>100% Fruit Juice Choice</li> <li>Ketchup</li> <li>1% Chocolate Milk</li> </ul>
1% Chocolate Milk Fat Free Strawberry Milk	<ul> <li>Ranch Dressing</li> <li>1% Chocolate Milk</li> <li>Fat Free Strawberry Milk</li> <li>Fat Free Milk, unflavored</li> <li>Lowfat Milk, Unflavored</li> </ul>	<ul> <li>Syrup Cup</li> <li>Ketchup</li> <li>1% Chocolate Milk</li> <li>Fat Free Strawberry Milk</li> <li>Fat Free Milk, unflavored</li> <li>Lowfat Milk, Unflavored</li> </ul>	<ul> <li>Fat Free Strawberry Milk</li> <li>Fat Free Milk, unflavored</li> <li>Lowfat Milk, Unflavored</li> </ul>	<ul> <li>Fat Free Strawberry Milk</li> <li>Fat Free Milk, unflavored</li> <li>Lowfat Milk, Unflavored</li> </ul>
Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat	(21)  • Sweet & Sour Chicken Bowl  • Uncrustable w/ String Cheese and Cheez-Its  • Chef's Salad  • Turkey & Cheese Sandwich(HS)  • Salsa Boat  • Yogurt Boat	(22) Thanksgiving Recess	(23) Thanksgiving	(24) Thanksgiving Recess
Baked Beans Cupped Fruit Choice Variety of Fresh Fruits 100% Fruit Juice Choice Ketchup	Steamed Broccoli     Baby Carrots & Grape Tomatoes     Cupped Fruit Choice     Variety of Fresh Fruits     100% Fruit Juice Choice     Fortune Cookie     Ranch Dressing			
Fat Free Strawberry Milk Fat Free Milk, unflavored Lowfat Milk, Unflavored	<ul><li>1% Chocolate Milk</li><li>Fat Free Strawberry Milk</li><li>Fat Free Milk, unflavored</li><li>Lowfat Milk, Unflavored</li></ul>			
McSpartan Chicken Sandwich Uncrustable w/ String Cheese and Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat	Cheez-Its • Chef's Salad		(30)  Chicken Parmesan with Pasta  Uncrustable w/ String Cheese and Cheez-Its Chef's Salad Turkey & Cheese Sandwich(HS) Salsa Boat Yogurt Boat	
Seasoned Waffle Fries Baked Beans Cupped Fruit Choice Variety of Fresh Fruits 100% Fruit Juice Choice Ketchup			<ul> <li>Garden Side Salad with dressing</li> <li>Fresh Veggie Dippers with Ranch</li> <li>Cupped Fruit Choice</li> <li>Variety of Fresh Fruits</li> <li>100% Fruit Juice Choice</li> </ul>	

- 1% Chocolate MilkFat Free Strawberry Milk

Menu is Subject to Change

- Fat Free Milk, unflavoredLowfat Milk, Unflavored
- CornCelery

- Marinara Cup Cupped Fruit Choice Variety of Fresh Fruits
- 100% Fruit Juice Choice Sidekick Slushie
- Ranch Dressing
- 1% Chocolate Milk
- Fat Free Strawberry Milk
  Fat Free Milk, unflavored
- · Lowfat Milk, Unflavored
- Steamed Green Beans Baby Carrots & Grape Tomatoes

- Cupped Fruit Choice Variety of Fresh Fruits 100% Fruit Juice Choice
- Peach Cobbler Ranch Dressing
- 1% Chocolate Milk
- Fat Free Strawberry Milk Fat Free Milk, unflavored Lowfat Milk, Unflavored

- 1% Chocolate MilkFat Free Strawberry Milk
- Fat Free Milk, unflavored
   Lowfat Milk, Unflavored

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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
(2) fax:
(833) 256-1665 or (202) 690-7442; or
(3) email:
program intake@usda.gov program.intake@usda.gov

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