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Health-e Pro 

MON	TUE	WED	THU	FRI
HARVEST OF THE MONTH   This month we will feature locally-grown kale		1 Healthy Half Days Bagel with Sunbutter, Fruit, and Cucumbers 	2 Homemade Macaroni and Cheese, Garlic Breadstick, and Roasted Carrots 	3 Big Daddy's Pizza Choice of Toppings Harvest of the Month Sweet Kale & Apple Salad 
6 Chicken Tenders with Mashed Potatoes and Roasted Broccoli 	7 All Beef Hot Dog on Whole Wheat Bun Sweet Potato Fries Baked Beans 	8 Healthy Half Days Yogurt Power Pack with Granola, Fruit, and Cucumbers 	9 No School 	10 No School 
13 NEW! Popcorn Chicken or Chickpeas Tossed in Curry Sauce Mashed Potato Green Beans 	14 Lasagna Roll Ups in Marinara Sauce Garlic Breadstick Parmesan Peas 	15 Healthy Half Days Sunbutter and Jelly Sandwich with Fruit and Dragon Juice 	16 Ziti, Broccoli, Alfredo with Choice of Chicken Garlic Breadstick Harvest of the Month Kale Chips 	17 Sal's Pizza Choice of Toppings Corn & Bean Salad Little Leaf Farms Salad 
20 Mozzarella Sticks with Marinara Dip and Corn Veggie Sticks & Ranch 	21 Hamburger or Veggie Burger on a Whole Wheat Roll Lettuce and Tomato Potato Puffs 	22 Healthy Half Days Chocolate Hummus and Pretzels Power Pack with Fruit and Baby Carrots 	23 No School  Thanksgiving	24 No School 
27 Breakfast for Lunch Chicken Sausage or Yogurt, Hash Browns, and Orange Juice 	28 Chicken & Vegetable Dumplings Roasted Broccoli & Cauliflower Fortune Cookie 	29 Healthy Half Days Sunbutter and Jelly Sandwich with Fruit and Cucumbers 	30 Pasta with Choice of Meat or Marinara Sauce, Garlic Breadstick, & Broccoli 	All lunches are served with a milk, fruits, vegetables, and a smile! 

ANNOUNCEMENTS

HAPPY DIWALI

 =Vegetarian Main Lunch Available

Each student also may choose from our rotating daily lunch options which include a choice of bagel, pizza, grilled cheese, salads, and more!

Menus are subject to change based on product availability. Please contact us at lunchonline@abschools.org with any questions or comments.

MEAL PRICES

All students receive daily 1 breakfast and 1 lunch at no charge.

Additional breakfast and lunch meals and a la carte items are available for purchase at each school. Visit our website for more information.

Prepay for meals online at www.schoolcafe.com/abrsd or pay by cash/check (AB Food Services) at school