

November 2017

Charlo School District 7J



School Information: November 5th – Day Light Savings – Fall Back
November 22nd – Early out 1:00pm
November 11th – Happy Veterans Day!
November 23rd – Happy Thanksgiving!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Pork Sandwich **1**
 Salad
 Veggie
 Fruit
 Milk

Quesadillas **2**
 Salad
 Veggie
 Fruit
 Milk

Tortellini Bake **3**
 Salad
 Veggie
 Fruit
 Milk

Hamburger Mac & Cheese **6**
 Salad
 Veggie
 Fruit
 Milk

Chicken Nachos **7**
 Salad
 Veggie
 Fruit
 Milk

Ham Wrap **8**
 Salad
 Veggie
 Fruit
 Milk

Pancakes, Sausage, Hashbrowns **9**
 Salad
 Veggie
 Fruit
 Milk

Corn Dogs **10**
 Salad
 Veggie
 Fruit
 Milk

Burritos **13**
 Salad
 Veggie
 Fruit
 Milk

Creamed Chicken over Rice **14**
 Salad
 Veggie
 Fruit
 Milk

Taco Soup **15**
 Salad
 Veggie
 Fruit
 Milk

Pizza Bake **16**
 Salad
 Veggie
 Fruit
 Milk

Burgers **17**
 Salad
 Veggie
 Fruit
 Milk

Egg Rolls with Rice **20**
 Salad
 Veggie
 Fruit
 Milk

Chicken Pot Pie **21**
 Salad
 Veggie
 Fruit
 Milk

Uncrustables **22**
 Salad
 Veggie
 Fruit
 Milk

No School
 Happy Thanksgiving **23**

No School **24**

Pizza **27**
 Salad
 Veggie
 Fruit
 Milk

Pork stir Fry **28**
 Salad
 Veggie
 Fruit
 Milk

Biscuits & Gravy **29**
 Salad
 Veggie
 Fruit
 Milk

Shepherd's Pie **30**
 Salad
 Veggie
 Fruit
 Milk

