



COON RAPIDS NOVEMBER 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					<p>1</p> <p>TUITION DUE TURKEY FETTUCCINI, PEAS, FRESH ORANGE (MANDARIN)</p>	<p>2</p> <p>COLLEGE SPORTS DAY</p> <p>CHICKEN TERIYAKI OVER BROWN RICE, CHOPPED ICEBERG & ROMAINE W/ DRESSING (ASSORTED VEGGIES), FRESH BANANA</p>	<p>3</p> 
<p>4</p> <p>USING ALL OUR SENSES</p>	<p>5</p> <p>CHARBROILED BEEF PATTY ON WHOLE WHEAT BUN W/ KETCHUP, CORN (CARROTS) PEACHES</p>	<p>6</p> <p>BEEF & GRAVY ON WHOLE WHEAT BREAD, WHIPPED POTATOES, PEARS</p>	<p>7</p> <p>BRING IN SOMETHING THAT SMELLS</p> <p>CHEESY ROTINI, GREEN BEANS, FRESH APPLE (UNSWEETENED APPLESAUCE)</p>	<p>8</p> <p>CHICKEN PARMESAN ON WHOLE WHEAT BUN, ASSORTED VEGETABLES, FRESH ORANGE (MANDARIN)</p>	<p>9</p> <p>MN WILD DAY</p> <p>TACO ON WHOLE WHEAT TORTILLA, CHOPPED ICEBERG & ROMAINE W/ DRESSING (MIXED VEGGIES), FRESH BANANA</p>	<p>10</p> 	
<p>11</p> <p>REDUCE, RECYCLE, AND REUSE!!</p>	<p>12</p> <p>BAKED CHICKEN NUGGETS, CARROTS, PINEAPPLE TIDBITS (PEACHES)</p>	<p>13</p> <p>WILD RICE HOTDISH, PEAS, PEARS</p>	<p>14</p> <p>BBQ CHICKEN ON WHOLE WHEAT BUN, GREEN BEANS, FRESH APPLE (UNSWEETENED APPLESAUCE)</p>	<p>15</p> <p>America Recycle Day</p> <p>TUITION DUE TURKEY W/ NOODLES, ASSORTED VEGETABLES, FRESH ORANGE (MANDARIN)</p>	<p>16</p> <p>VIKINGS DAY</p> <p>CHICKEN FAJITA ON WHOLE WHEAT TORTILLA, CHOPPED ICEBERG & ROMAINE W. DRESSING (CARROTS), FRESH BANANA</p>	<p>17</p> 	
<p>18</p> <p>THANKFUL FOR FAMILIES</p>	<p>19</p> <p>ITALIAN SPAGHETTI, PEAS, PEARS</p>	<p>20</p> <p>RIB BQ W/ CHEESE ON WHOLE WHEAT BUN, CORN (GREEN BEANS), PEACHES</p>	<p>21</p> <p>TURKEYW/GRAVY ON WHOLE WHEAT BREAD, WHIPPED POTATOES, FRESH ORANGE (MANDARIN)</p>	<p>22</p> <p>THANKSGIVING HOLIDAY - CENTERS AND OFFICE CLOSED</p>	<p>23</p>	<p>24</p> 	
<p>25</p> <p>GOOD NUTRITION</p>	<p>26</p> <p>CHICKEN ALA KING, BUTTERMILK BISCUITS, APPLE CRISP</p>	<p>27</p> <p>STIR FRY CHICKEN W/ CABBAGE OVER BROWN RICE, PEACHES</p>	<p>28</p> <p>WEE SHELLS & TURKEY, CARROTS, FRESH APPLE (UNSWEETENED APPLESauce)</p>	<p>29</p> <p>SLOPPY JOE ON WHOLE WHEAT BUN, GREEN BEANS, FRESH ORANGE (MANDARIN)</p>	<p>30</p> <p>CHICKEN SPAGHETTI, PEAS, FRESH BANANA</p>		