



# KESTREL HEIGHTS

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## NOVEMBER 2019

| AMERICAN MONDAY   | TUESDAY  | WACKY WEDNESDAY   | INTERNATIONAL THURSDAY   | PIZZA FRIDAY   |
|---|--|---|--|--|
|   |  |   |  | 1<br>NO SCHOOL   |
| 4<br><b>Turkey Hot Dog</b><br>Vegetarian Baked Bean<br>Whole Apple<br><b>OR</b><br><b>Veggie Dog</b><br>Vegetarian Baked Beans<br>Whole Apple | 5<br><b>Chicken Quesadilla</b><br>SW Rice, Pineapple, Salsa<br><b>OR</b><br><b>Cheese Quesadilla</b>                   | 6<br><b>Breakfast for Lunch</b><br>Scrambled Eggs, Bacon, Hash brown,<br>Pancake<br><b>OR</b><br>Scrambled Egg, Hash brown, Pancake | 7<br><b>Sloppy Joe</b><br>Green Beans, Apple Sauce, Bun<br><b>OR</b><br><b>Veggie Sloppy Joe</b> | 8<br><b>LHEART PIZZA</b><br>(2) Cheese Pizza w/ Fruit  |
| 11<br>NO SCHOOL   | 12<br><b>Deli Day</b><br><b>Turkey-Provolone Sandwich</b><br>Sun Chips, Fresh Fruit<br><b>OR</b><br><b>Veggie Wrap</b> | 13<br><b>Chicken Leg</b><br>Mashed Potato, Green Beans<br><b>OR</b><br><b>Veggie Chicken</b>  | 14<br><b>Beef Lasagna</b><br>Broccoli, Pears<br><b>OR</b><br><b>Cheese Lasagna</b>               | 15<br><b>LHEART PIZZA</b><br>(2) Cheese Pizza w/ Fruit |
| 18<br><b>Cheeseburger</b><br>Potato Wedges<br>Peaches<br><b>OR</b><br><b>Veggie Burger</b>  | 19<br><b>BBQ Chicken</b><br>Dill Carrots<br>Pineapple<br><b>OR</b><br><b>Veggie BBQ Chicken</b>                        | 20<br><b>Mac n Cheese</b><br>w/ Green Beans & Fruit   | 21<br><b>Mini Turkey Corn Dogs</b><br>Cheesy Potatoes<br>Broccoli                                | 22<br><b>LHEART PIZZA</b><br>(2) Cheese Pizza w/ Fruit |
| 25<br><b>Baked Beef Spaghetti</b><br>Green Beans, Peaches<br><b>OR</b><br><b>Baked Cheese Spaghetti</b><br><br><b>FALL BREAK</b>              | 26<br><b>Turkey Pot Pie</b><br>Carrots<br>Peaches<br><b>OR</b><br><b>Veggie Pot Pie</b>                                | 27<br>NO SCHOOL   | 28<br>NO SCHOOL  | 29<br>NO SCHOOL  |