



Director of Food & Nutrition

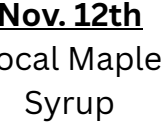
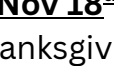
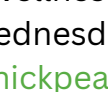
Kirsten Schwalm | Phone: 814-260-5017 | Email: Kschwalm@coudyschools.net

Monday	Tuesday	Wednesday	Thursday	Friday	* <u>Uncrustable Meal</u> Includes String Cheese & Belly Bears Available on Monday, Wednesday, & Friday
2- Day 2 Loaded Chicken Totchos Bowl w/ Garlic Toast Carrots <u>Daily Alt:</u> Chicken Smackers w/ Bread <u>Weekly Alt:</u> Uncrustable *	3-Day 3 Soft Beef Tacos Refried Beans <u>Daily Alt:</u> Grilled Hot Dog <u>Weekly Alt:</u> Nacho Munchable	4-Day 4 BBQ Oven Roasted Chicken w/ Biscuit Potato Wedges <u>Daily Alt:</u> Chicken Patty Sandwich <u>Weekly Alt:</u> Uncrustable *	5-Day 5 Pepperoni Pizza Grilled Cheese Sandwich Broccoli <u>Daily Alt:</u> Cheeseburger <u>Weekly Alt:</u> Nacho Munchable	6 NO SCHOOL Parent Teacher Conferences 	
9- Day 1 Bosco Sticks w/ Marinara Steamed Green Beans <u>Daily Alt:</u> Chicken Nuggets w/ Bread <u>Weekly Alt:</u> Uncrustable *	10- Day 2 Lasagna Roll-Up w/ Garlic Toast Carrots <u>Daily Alt:</u> Corn Dog Nuggets <u>Weekly Alt:</u> Ham & Cheese Sliders	11- Day 3 Beef & Cheese Nachos w/Bread Golden Corn Orange & White Bean Salad <u>Daily Alt:</u> Chicken Patty Sandwich <u>Weekly Alt:</u> Uncrustable * VETERANS DAY	12- Day 4 Pancakes w/ Sausage Local Maple Syrup Tater Tots <u>Daily Alt:</u> Cheeseburger <u>Weekly Alt:</u> Ham & Cheese Sliders	13- Day 5 Kindness Day Free Cookie w/ Meal Cheese Pizza Broccoli <u>Daily Alt:</u> Pepperoni Pizza <u>Weekly Alt:</u> Uncrustable *	<u>Salads</u> 2nd-6th Ham Salad
16- Day 1 Mac & Cheese w/ Sliced Bread Seasoned Broccoli <u>Daily Alt:</u> Chicken Nuggets w/ Bread <u>Weekly Alt:</u> Uncrustable *	17-Day 2 Walking Taco's W/ Sliced Bread Rstd Carrots <u>Daily Alt:</u> Corn Dog Nuggets <u>Weekly Alt:</u> Turkey & Cheese Sandwich	18- Day 3 Thanksgiving Meal Roasted Turkey Mashed Pot w/ Gravy & Stuffing Cran. Sauce Biscuit Warm Apple Crisp <u>Weekly Alt:</u> Uncrustable*	19-Day 4 Popcorn Chicken Falcon Bowl Sliced Bread Steamed Corn <u>Daily Alt:</u> Cheeseburger <u>Weekly Alt:</u> Turkey & Cheese Sandwich	20- Day 5 Cheese Pizza Steamed Green Beans Roasted Chick Peas <u>Daily Alt:</u> Pepperoni Pizza <u>Weekly Alt:</u> Uncrustable*	9th-13th Chef Salad 16th-20th Popcorn Chicken Salad
Daily Milk Options: Fat Free Chocolate, 1% & Whole White Milk					



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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 	Salads
23- Day 1 BBQ Pork Sandwich BBQ Baked Beans <u>Daily Alt:</u> Chicken Smackers w/ Bread <u>Weekly Alt:</u> Uncrustable *	24- Day 2 Chicken Nuggets & Dutch Waffle Rstd Carrots <u>Daily Alt:</u> Grilled Hot Dog <u>Weekly Alt:</u> Uncrustable *	25- Day 3 EARLY DISMISSAL Spaghetti w/ Meatsauce & Bread Broccoli  Chickpea & Tom Salad *BIRTHDAY DAY <u>Daily Alt:</u> Chicken Patty Sandwich <u>Weekly Alt:</u> Uncrustable *	26 NO SCHOOL 	27 NO SCHOOL 	23rd-27th Garden Salad w/ Egg <u>Event Days</u> Nov. 11th <u>Veteran's Day</u> 
30 NO SCHOOL	<u>Fruit & Vegetable Bar:</u> Broccoli Florets Baby Carrots Peppers Dark Leafy Greens Legume Salads Celery & Cucumber Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce **May choose one ½ cup serving of fruit & two ½ cup servings of vegetables				 Nov. 12th Local Maple Syrup 
 Let someone know you're thankful for them. <u>Students must choose at least one fruit or vegetable</u> K-8 may choose up to 1/2 cup serving of Fruit. 9th-12th may choose two 1/2 cup servings of Fruit Breakfast & Lunch is Free for Students/ Adult Lunch: \$5.05 Adult Entree Only: \$2.50/Extra Student Lunch Entree: \$2.35 Daily Milk Options: Fat Free Chocolate, 1% & Whole White Milk					 Nov. 13th Kindness Day 
					 Nov 18th Thanksgiving Meal 
					 Nov. 25th Wellness Wednesday Chickpea & Tomato Salad 