



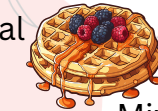
Kirsten Schwalm | Phone: 814-260-5017 | Email: Kschwalm@coudyschools.net

Monday 	Tuesday 	Wednesday 	Thursday 	Friday 	THE PIZZERIA
2 Popcorn Chicken Falcon Bowl Mashed Potatoes w/ Gravy Sliced Bread Steamed Corn Bosco Sticks w/ Marinara	3 Walking Tacos w/ Bread Golden Steamed Corn Chicken Smackers w/ Bread BBQ Chicken Pizza	4 Lasagna Roll up w/ Garlic Breadstick Steamed Green Beans Roasted Chick Peas Cheeseburger Veggie Pizza	5 Boneless Wings w/ Pretzel Bites French Fries Corn Dog on a Stick Buffalo Chicken Pizza	6 NO SCHOOL Parent Teacher Conferences 	Daily Cheese Pizza Pepperoni Pizza THE GRILL Daily Chicken Patty Sandwiches GRAB N' GO Daily PB & Jelly Sandwich Uncrustable Meal Yogurt Parfait
9 Cheese Ravioli with Garlic Breadstick Golden Steamed Corn Grilled Hot Dog	10 Mack Attack Tater Tot Bowl Grilled Flatbread Steamed Peas Dill Chicken Patty on A Bun Honey Hot Chicken Pizza	  11 Waffle Action Station!! Local Maple Syrup Fruit Topping Tater Tots Sausage Patty Creamy Cuc Salad —★—★—★— VETERANS DAY	12  Chipotle Bar Chicken Burrito Bowl w/ Rice & Cheese Seasoned Refried Beans Hot Wing Dunkers Broccoli Pizza	13 Kindness Day Free Cookie w/ Meal Pulled Pork Loaded French Fries w/ Bread BBQ Baked Beans BBQ Rib Sand Steak & Cheese Pizza	 2nd-6th Popcorn Chicken Salad w/ Bread 9th-13th Southwest Salad w/ Breaded Chicken & Bread 16th-20th Chef Salad w/ Turkey, Ham and Bread
16 French Toast Sticks w/ Sausage Tater Tots Grilled Hot Dog	17 Ham & Cheese Melt on a Pretzel Bun French Fries Dill Chicken Patty on a Bun Honey Hot Chicken Pizza	18 Sweet & Spicy BBQ Chicken Bowl Golden Steamed Corn Chickpea & Tom Salad Bacon Cheeseburger Alfredo Pizza	19 Thanksgiving Meal Roasted Turkey Mashed Poatoes w/ Gravy Stuffing Cranberry Sauce Green Beans Warm Biscuit Apple Cobbler 	20 Buffalo Chicken Mac & Cheese w/ Bread BBQ Baked Beans BBQ Rib Sandwich Steak & Cheese Pizza	
Daily Milk Options: Fat Free Chocolate, 1% & Whole White Milk					



Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday	THE PIZZERIA
<div>23</div> <div>Chicken w/ Gravy Mashed Potato Bowl w/ Biscuit</div> <div>Mashed Potatoes</div> <div>Bosco Sticks w/ Marinara</div>	<div>24</div> <div>Beef & Cheese Nacho's w/ Cheese Sauce Seasoned Refried Beans</div> <div>Chicken Smackers w/ Bread BBQ Chicken Pizza</div>	<div>25</div> <div>EARLY DISMISSAL</div> <div>Buffalo Chicken Dipper w/ Garlic Toast Broccoli Edamame Corn Salad</div> <div>Cheeseburger Veggie Pizza</div>	<div>26</div> <div>NO SCHOOL</div> <div></div>	<div>27</div> <div>NO SCHOOL</div> <div></div>	<div>Daily</div> <div>Cheese Pizza Pepperoni Pizza</div> <div>THE GRILL</div> <div>Daily</div> <div>Chicken Patty Sandwiches</div> <div>GRAB N' GO</div> <div>Daily</div> <div>PB & Jelly Sandwich</div> <div>Uncrustable Meal</div> <div>Yogurt Parfait</div>
<div>30</div> <div>NO SCHOOL</div>	<div><div><div>Event Days</div><div>Nov. 11th</div><div>Veteran's Day</div><div>Waffle Action Station with Local Maple Syrup</div><div>Nov. 13th</div><div>Kindness Day</div><div>Nov 19th</div><div>Thanksgiving Meal</div></div><div></div></div> <div><div>Fruit & Vegetable Bar:</div><div>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</div><div>**May choose two 1/2 cup servings of vegetables and fruit</div></div>				
<div><div></div><div>Let someone know you're thankful for them.</div></div> <div><div>WHAT MAKES A MEAL?</div><div>You must choose at least 3 of 5 components available for the school lunch price. Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk</div><div>Students must choose at least one fruit or vegetable</div><div>K-8 may choose up to 1/2 cup serving of Fruit. 9th-12th may choose two 1/2 cup servings of Fruit</div><div>Breakfast & Lunch is Free for Students/ Adult Lunch: \$5.05 Adult Entree Only: \$2.50/Extra Student Lunch Entree: \$2.35</div></div>					
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