

Milk is served with lunch

## Lunch Menu November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b> Pizza Vegetable Fruit	<b>1</b> Beef Tacos Lettuce, Tomatoes and Cheese Apples	<b>2</b> Meatballs and Pasta Vegetable Fruit	<b>3</b> Italian Chicken Potatoes Vegetable Fruit Roll	<b>4</b> Tomato Soup and Cheese Sandwich Fruit
<b>7</b> Pizza Peppers Apples	<b>8</b> Pasta and Meatsauce Corn Oranges	<b>9</b> Chicken Drumsticks Pasta Mixed Vegetables Pears	<b>10</b> Meatloaf Mashed Potatoes Green Beans Apples Bread	<b>11</b> Tomato Soup Quesadillas Carrots Melon
<b>14</b> Pizza Mixed Vegetables Orange Slices	<b>15</b> Chicken Enchiladas Black Beans Pears	<b>16</b> Beef Stew with Vegetables Apples Bread	<b>17</b> Cheese Tortellini Broccoli Bananas	<b>18</b> Chicken Soup Tuna Fish Sandwiches Carrots Melon
<b>21</b> Pizza Carrots Apple	<b>22</b> Chicken and Rice Casserole Broccoli Melon	<b>23</b> Swedish Meatballs Mashed Potatoes Corn Pears	<b>24</b> <b>CLOSED FOR THANKSGIVING</b>	<b>25</b> <b>CLOSED FOR THANKSGIVING</b>
<b>28</b> Pizza Peppers Orange Slices	<b>29</b> Pork Pasta Green Beans Apples	<b>30</b> Hamburgers Baked Fries Broccoli Pears	<b>1</b> Pork Stir Fry with Vegetables Melon Bread	<b>2</b> Turkey Wrap with Lettuce and Tomato Apples

**Breakfast** consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

**Afternoon snack** consists of one grain, protein, or dairy product and one fruit or vegetable.

**Note:** non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.