

Milk is served with lunch

Lunch Menu November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30 Pizza Carrots Bananas	31 Meatsauce and Pasta Corn Apples	1 Chicken Legs Spanish Rice Peas, Carrots and Corn Plums	2 Beef Tacos Lettuce, Tomato and Cheese Fresh Fruit	3 Turkey Sandwich on Croissant Broccoli Oranges
6 Pizza Cucumbers Oranges	7 Meatballs and Pasta Green Beans Pears	8 Chicken Alfredo Linguine Peas and Carrots Pineapple	9 Bean and Cheese Quesadillas Peppers Oranges	10 Fish Sticks Rolls Tator Tots Carrots Bananas
13 Pizza Carrots Pineapple	14 Red Chili with Beef Cheese and Crackers Apples	15 Beef Stroganoff Peas Melon Roll	16 Chicken Tacos Lettuce, Tomato and Cheese Pears	17 Hamburger on a Bun Cucumbers Oranges
20 Pizza Cucumbers Oranges	21 Spinach and Cheese Tortellini Green Beans Oranges	22 Jambalaya Rice Peppers, Tomatoes and Onions Pineapple	23 CLOSED	24 CLOSED
27 Pizza Corn Plums	28 Chicken Tenders Rolls Tomatoes and Cucumbers Pineapple	29 Tator Tot Casserole with Beef, Corn, Green Beans and Carrots Fresh Fruit Roll	30 Turkey Sandwich 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.

Fresh Fruit - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.