



## Lunch Menu

November 2021

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5<sup>th</sup> Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz  
 6<sup>th</sup> – 8<sup>th</sup> Grade - Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz  
 9<sup>th</sup> – 12<sup>th</sup> Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday			
<b>November 1</b> <b>Hamburger w/ American Cheese</b> WG Sandwich Roll Tator Tots Fruit Milk	<b>November 2</b> <b>Mac and Cheese w/ WG Pasta</b> Cooked Broccoli Fruit Milk	<b>November 3</b>  <p style="text-align: center;"><b>Early Dismissal</b> (Closing of Middle States)</p>	<b>November 4</b> <b>Beef BBQ</b> WG Sandwich Roll Corn & Black Bean Salad Fruit Milk	<b>November 5</b> <b>WG Cheese Pizza with Breakfast Turkey Sausage</b> Carrot Sticks Ranch Dressing Fruit Milk  <p style="text-align: center;"><b>Full Day</b></p>			
<b>November 8</b> <b>Turkey &amp; Cheese on WW Bread</b> Mayonnaise Carrot Sticks (Peas) Ranch Dressing Fruit Milk	<b>November 9</b> <b>BBQ Meatballs</b> Buttered Noodles Green Beans Fruit Milk <b>Tofu</b>	<b>November 10</b> <b>Grilled Chicken</b> Garden Salad w/ Cheese & Tomato Ranch Dressing Dinner Roll w/ Butter Fruit Milk	<b>November 11</b> <b>Turkey Sausage</b> French Toast Breakfast Potatoes Fruit Milk	<b>November 12</b> <b>WG Cheese Pizza</b> Carrot Sticks Ranch Dressing Fruit Milk  <b>NATIONAL PIZZA DAY!</b>			
<b>November 15</b> <b>2 Hot Dogs</b> WG Hot Dog Bun Ketchup Tator Tots Fruit Milk	<b>November 16</b> <b>Scrambled Eggs w/ Cheese</b> WG English Muffin Breakfast Potatoes Fruit Milk	<b>November 17</b> <b>Turkey and American on WG Bun</b> Mayo Side Garden Salad w/ Italian Dressing ( <i>Diced and Peeled Cucumber</i> ) Fruit Milk	<b>November 18</b> <b>Beef and Cheese Taco</b> WG Flour Tortilla Corn & Black Bean Salad Fruit Milk	<b>November 19</b> <b>WG Cheese Pizza with Breakfast Turkey Sausage</b> Carrot Sticks Ranch Dressing Fruit Milk			
<b>November 22</b> <b>Roast Turkey w/ Gravy</b> WG Dinner Roll Green Beans Cranberry Applesauce Milk  <b>Thanksgiving Meal</b>	<b>November 23</b> <b>BBQ Chicken &amp; Cheddar Wrap on WG Flour Tortilla</b> Cucumbers Fruit Milk	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p style="margin: 0;"><b>THANKSGIVING HOLIDAYS</b></p> </div>			<b>November 24</b>	<b>November 25</b>	<b>November 26</b>
<b>November 29</b> <b>Swedish Meatballs</b> WG Buttered Noodles Corn Fruit Milk	<b>November 30</b> <b>Grilled BBQ Chicken</b> WG Dinner Roll Green Beans Fruit Milk						

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos