



**Lunch Menu
K-8th Grade
November 2022**

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
October 31 Turkey Ham Steak Whole Wheat Bread California Veg Blend Fruit Milk	November 1 Beef BBQ on WG Bun Potato Wedges Fruit Milk	November 2 Grilled Chicken Garden Salad Ranch Dressing WG Dinner Roll Fruit Milk	November 3 Hamburger Macaroni & Cheese w/ WG Pasta Green Beans Fruit Milk	November 4 <p style="text-align: center;">Early Dismissal</p>
November 7 Taco Beef WG Tortilla Chips Corn & Black Bean Salad Shredded Cheddar Cheese Fruit Milk National Nachos Day!!	November 8 Balsamic Grilled Chicken Brown Rice California Vegetable Blend Fruit Milk	November 9 Turkey Ham & Cheddar Cheese on WG Bun Baby Carrots (cooked carrots) Fruit Mayo Milk	November 10 Baked Ziti w/ Grilled Chicken <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Spinach Fruit Milk	November 11 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) Dinner Roll Fruit Milk
November 14 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Fries Fruit Milk	November 15 WG Chicken Tenders Mashed Potatoes Fruit Honey Mustard Milk	November 16 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Celery Sticks Fruit Lite Ranch Dressing Milk	November 17 Swedish Meatballs WG Pasta w/ Butter Green Beans Fruit Milk	November 18 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Side Salad w/ Ranch Dressing Fruit Milk
November 21 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Fries Fruit Milk	November 22 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>THANKSGIVING HOLIDAYS</p> </div>		
November 28 <p style="text-align: center;">Thanksgiving Holiday</p>	November 29 Mac & Cheese w/ WG Pasta Peas & Carrots Fruit Milk	November 30 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce w/ Tomatoes Ranch Dressing WG Dinner Roll Fruit Milk	December 1 Beef Chili California Veg Blend Shredded Cheddar Cheese Dinner Roll Fruit Milk	December 2 <p style="text-align: center;">Early Dismissal</p>

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