

NOVEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • cheese pizza panada pie (VG) • ham and cheese sandwich ○ pinto beans ○ baby carrots	2 • chicken tamale (DF) • egg salad sandwich (VG) (DF) ○ chili citrus corn
5 • *HOT* dog (DF) • turkey & cheddar sandwich ○ glazed carrots sliced	6 • bean and cheese quesadilla (VG) • sunny sandwich kit (VG) ○ celery sticks	7 • pepper jack cheeseburger • chicken caesar salad ○ chopped lettuce & sliced tomato w/ ranch	8 • chicken bites • mighty meaty deli combo ○ pinto beans & grape tomatoes w/ ranch	9 • chicken gumbo & cornbread • southwest veggie wrap (VG) ○ steam corn
12 Veteran's Day No School	13 • chicken potstickers w/ not so fried rice • ham & cheese sandwich ○ lettuce & tomato w/ ranch	14 • spaghetti marinara w/ mozzarella (VG) • cheddar cheese sandwich (VG) ○ steam corn	15 • cheesy ravioli (VG) • mighty meaty deli combo ○ green beans	16 • holiday meal roasted turkey and stuffing (DF) • garden ranch salad w/ chicken breast ○ mashed yams
19 No School	20 No School	21 No School	22 HAPPY THANKSGIVING! No School	23 No School
26 • cheese pizza (vg) • ham and cheese sandwich ○ island glazed carrots	27 • bf for lunch: pancakes w/ omelet (vg) • mighty meaty deli combo sandwich ○ blanched broccoli w/ ranch	28 • ranchero beef rice bowl • cheddar cheese sandwich (vg) ○ edamame	29 • chicken sausage and cheddar eggel sandwich • turkey and cheddar sandwich ○ chilled, seasoned green beans	30 • hot dog (df) • chicken caesar wrap ○ Chili citrus corn

DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day

• Menu subject to change