



November 2021

LUNCH MENU

MONDAY

1
French Toast 4 ea
with Cheesy Eggs ¼ c
 c
 Tater Tots ½ c
 Baby Carrots ¼ c

ALT: Turkey Hot Dog

TUESDAY

2
Cheeseburger 1 ea
 lettuce ½ c
 Cucumber Slices ¼ c

ALT: Walking Beef Taco

WEDNESDAY

3
Buddha Grain Bowl 1 ea
 Roasted Butternut Squash ½ c
 Roasted Balsamic Corn ¼ c

ALT: Turkey Corn Dog 1 ea

THURSDAY

4
Cheese Pizza
 1 slice
 Baby Carrots ½ c
 Sliced Cucumber ¼ c

ALT: Chicken Pot Pie

FRIDAY

8
Chicken Nuggets 5 ea
 Garden Salad 1 c
 Green beans ¼ c

ALT: Mac & Cheese

9
Meatball Hoagie 1 ea
 Garden Salad 1 c
 Ranch Dressing 1 pk
 Italian Vegetables ¼ c

10
Arroz con Pollo
 1 serving
 Herb Roasted Tomatoes ¼ c
 Black Beans ½ c

ALT: Chicken Patty Sandwich 1 ea



No School

15
Chicken Alfredo
 Tater Tots ½ c
 Broccoli ½ c

ALT: Ham & Cheese Hoagie 1 ea

16
Cheeseburger 1 ea
 Baked Beans ½ c
 Cucumber Slices ¼ c

ALT: Taco Salad

17
Meat Spaghetti 1 serving
 Green Beans ¼ c
 Vegetable Blend ½ c
Dinner Roll

ALT: Corn Dog 1 ea

18
Turkey Lunch Mashed Potato's
Stuffing & Cranberries
 Corn ½ c
Dinner Roll

22
Baked Ziti
 Corn ¼ c
 Garden Salad 1 c
 Dinner Roll

ALT: Chicken Nuggets

23
Chicken & Waffle Sandwich 1 ea
 Baby Carrots ¾ c
 Sliced Cucumbers ½ c

ALT: Frito Pie



29
Turkey Hot Dog 1 ea
 Tater Tots ½ c
 Baby Carrots ¼ c

ALT: Chili Beans

30
Chicken Taco Salad
 1 serving
 Black Beans ½ c
 Diced Cucumbers ¼ c

ALT: Cheese Burger 1 ea



Key: BeWell Healthy Choice Vegetarian (Ovo-Lacto)

Local

This institution is an equal opportunity provider