

## Lunch K-7

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="font-size: 2em; font-weight: bold; text-align: center;">hello NOVEMBER</p>				1  Southwest Dip & Chips Hamburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Whole Kernel Corn Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup
4  Meat Lovers Pizza Grilled Chix Sandwich Fruit and Yogurt To Go Grilled Chicken Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Crinkle Cut Fries Cucumber Slices w/Dip Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup	5  Chicken Tenders Turkey & Cheese Wrap Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Steamed Rice Black-Eyed Peas Seasoned Cabbage Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Ketchup Variety of Dipping Sauce	6  Cheeseburger French Bread Pizza Chef Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Broccoli Florets w/ Dip Tater Tots Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruited Gelatin Fruit Juice Low Fat Milk Chocolate Milk Ketchup	7  Chili with Beans Chix Patty Sandwich Fruit and Yogurt To Go Chef Salad Croutons Saltine Crackers Ranch Dressing Seasoned Green Beans Carrot-Raisin Salad Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Combread Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup	8  Beefy Nachos Grande Turkey & Cheese/Bun Chef Salad Croutons Saltine Crackers Ranch Dressing Whole Kernel Corn Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard
11  Roasted Chix Wings Turkey & Cheese Sandwich Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Baked Beans Cheesy Msh Potatoes Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard	12  Pepperoni Calzone Cheeseburger Fruit and Yogurt To Go Chef Salad Saltine Crackers Croutons Ranch Dressing Sweet Potatoes Fries Mixed Vegetables Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Ketchup Mayonnaise Mustard	13  Cheesy Chix /Rice Turkey & Cheese/Bun Chix Salad w/Crackers Steamed Broccoli Glazed Carrots Vegetable Juice Fresh Orange Smiles Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard Dick & Jane Cookies	14  Spaghetti/Meat Sauce Ham and Cheese Sandwich Fruit and Yogurt To Go Chix Salad w/Crackers Chef Salad Saltine Crackers Croutons Ranch Dressing Spinach Salad Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk	15  Walking Tacos Turkey & Cheese/Bun Chef Salad Croutons Saltine Crackers Ranch Dressing Whole Kernel Corn Raw Veggies with Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard
18  Vegetable Beef Soup and Sandwich Combo Grilled Chix Sandwich Chef Salad Grilled Chicken Salad	19  Hamburger Steak/Gravy Ham & Cheese on Bun Fruit and Yogurt Plate Mashed Potatoes Black-Eyed Peas	20  Chicken Nuggets Ham & Cheese on Bun Fruit and Yogurt Plate Mashed Potatoes Cheesy Broccoli	21  Turkey and Dressing Sweet Potato Casserole Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl	22  Stuffed Crust Pizza Turkey & Cheese/Bun Fruit and Yogurt To Go Chef Salad Croutons

Saltine Crackers Croutons Ranch Dressing Whole Kernel Corn Baby Carrots w/Dip Vegetable Juice Blueberries w Topping Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk	Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard	Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Whole Wheat Roll Low Fat Milk Chocolate Milk Mayonnaise Mustard Variety of Dipping Sauce Graham Crackers	Chilled Fruits Fruit Juice Yeast Roll Cranberry Sauce Cake with Strawberries Low Fat Milk Chocolate Milk	Saltine Crackers Ranch Dressing Tater Tots Cucumber Slices w/Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup
25	26	27	28	29
Holiday	Holiday	Holiday	Holiday	Holiday

This institution is an equal opportunity provider.