



# Lukachukai Community School

## Food Service Department November 2022 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Assorted Cereal Buttered Toast w/Jam Diced Pears, Apple, Assorted Milk Hot Dog, Ketchup/Mustard Beans, Baby Carrots, Lite Ranch Dressing, Fruited Jello, Assorted Milk	2 Blue Corn Mush, Sausage Patty, Assorted Juice, Fresh Grapes, Assorted Milk Frito Pie, Diced Peaches, Assorted Milk	3 Chef Choice	4 Chef Choice
7 Breakfast Taco, Mild Salsa, Juice, Cantaloupe, Assorted Milk Native Taco w/Fry Bread, Mild Salsa, Mixed Berries, Assorted Milk	8 Pancakes, Syrup, Applesauce, Grapes, Assorted Milk BBQ Chicken, Corn Bread, Brown Rice, Steamed Carrots, Diced Pears, Assorted Milk	9 Cream of Wheat, Honey Gram Crackers, Fruit Cocktail, Apple, Assorted Milk Chicken Bowl, Zucchini, Fruit Mix, Assorted Milk	10 Scramble Eggs w/sausage, Toast w/jam, Juice, Apple, Assorted Milk Lamb Stew, Dinner Roll, Steamed Broccoli, Blueberries, Assorted Milk	11  Veterans Day
14 Egg & Sausage Sandwich, Grapes, Watermelon, Assorted Milk Soft Taco, Lettuce, Tomato, Mild Salsa, Spanish Rice, Peaches, Assorted Milk	15 Cream Of Wheat, Toast w/Jam, Juice, Orange Smiles, Assorted Milk PB&J Sandwich, Mozzarella String Cheese, California Vegetable,	16 Western Omelet Quesadilla, Mild Salsa, Pears, Apple, Assorted Milk Chicken Tamale, Salad, Lite Ranch Dressing, Grapes, Assorted Milk	17 WG Bagel, Cream Cheese, Assorted Juice, Orange Smiles, Assorted Milk Mandarin Orange Chicken, Brown Rice, Green Beans, Blueberries, Assorted Milk	18 French Toast, Syrup, Applesauce, Grapes, Assorted Milk Sloppy Joe, French Fries, Baked Beans, Fruit Cocktail, Assorted Milk
21 Chef Choice	22 Chef Choice	23 THANKSGIVING MENU COMMUNITY DRIVE UP DINNER	24  Thanksgiving Day NO SCHOOL	25 NO SCHOOL
28 Assorted Cold Cereal, Buttered Toast, Assorted Toast, Diced Pears, Assorted Milk Nacho, Lettuce, Tomato, Mild Salsa Black Beans, Mango, Assorted Milk	29 WG English Muffin, Margarine, Cheesy Egg and Potatos, Applesauce, Fresh Grapes, Assorted Milk Sloppy Joe, Steamed Corn, Applesauce, Assorted Milk	30 Oatmeal with Brown Sugar, Sausage Patty, Cinnamon Apple Slice, Fresh Banana, Assorted Milk Spaghetti with Meat Sauce, Garlic Bread, Steamed Broccoli, Diced Pears, Assorted Milk	This institution is an equal opportunity.	

