

NOVEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<ul style="list-style-type: none"> <li>chicken bites</li> <li>seasoned green beans</li> <li>fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>chicken caesar wrap</li> <li>island glazed carrots</li> <li>Fresh fruit</li> <li>milk</li> </ul>
5	6	7	8	9
NO SCHOOL	<ul style="list-style-type: none"> <li>popcorn chicken bites w/ bbq bean sauce</li> <li>smoky black eyed peas</li> <li>grape tomatoes</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>cheese pizza (VG)</li> <li>Coleslaw</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>chicken marinara pasta</li> <li>Broccoli</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>veggie chili (VG)</li> <li>orangi carrots</li> <li>Fresh fruit</li> <li>milk</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>spicy popcorn chicken sandwich</li> <li>seasoned black beans</li> <li>baby carrots</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>buffalo chicken pizza</li> <li>chili citrus corn</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>cheesy pizza bites (VG)</li> <li>broccoli &amp; carrot salad</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li><b>HOLIDAY MEAL !!</b> roasted turkey &amp; stuffing (DF)</li> <li>seasoned green beans</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>firecracker chicken w/ sesame noodles</li> <li>baby carrots</li> <li>Fresh fruit</li> <li>milk</li> </ul>
19	20	21	22	23
NO SCHOOL	NO SCHOOL	NO SCHOOL	HAPPY THANKSGIVING! NO SCHOOL	NO SCHOOL
26	27	28	29	30
<ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>pinto beans</li> <li>baby carrots</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>cheesy ravioli (VG)</li> <li>broccoli w/ ranch</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>beef cheeseburger</li> <li>chili citrus corn</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>chicken alfredo</li> <li>seasoned green beans</li> <li>Fresh fruit</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>buffalo chicken crunchadilla</li> <li>island glazed carrots</li> <li>Fresh fruit</li> <li>milk</li> </ul>

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.

o **Vegetable** of the day