



GF N I I I I I I I I E

GOOD FOOD DOES GOOD

November 2022

Bishop McManus
22/23 LA Base Lunch K-8 Revised

	<p>01</p> <p>Entree Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli Sunbutter & Jelly Sandwich Vegetables Carrot Sticks Broccoli Fruit Fresh Orange 100% Apple Juice Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>02</p> <p>Entree Chicken Drumstick with Mac & Cheese Bowl Veggie Nuggets with Mac & Cheese Vegetables Sautéed Spinach Roasted Sweet Potato Side Salad Fruit Fresh Pear Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>03</p> <p>Entree Beef Cheeseburger Gardenburger® Veggie Burger Vegetables Roasted Potato Side Salad Fruit Fresh Apple Milk Fat Free Chocolate Milk Low Fat 1% Milk Misc. Ketchup</p>	<p>04</p> <p>Entree Pasta with Creamy Tomato Sauce Vegetables Side Salad Fruit Banana 100% Apple Juice Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>
<p>07</p> <p>Entree Chicken & Andouille Jambalaya Gardenburger® Veggie Burger Vegetables Side Salad Roasted Sweet Potato Fruit Fresh Apple Milk Fat Free Chocolate Milk Low Fat 1% Milk Misc. Ketchup</p>	<p>08</p> <p>Entree Beef & Cheese Nachos Cheese Nachos Vegetables Fajita Style Peppers & Onions Black Bean & Corn Salad Chunky Salsa, Mild Fruit Assorted 100% Juice Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>09</p> <p>Entree Turkey Meatloaf Sunbutter & Jelly Sandwich Vegetables Side Salad Green Peas Fruit 100% Apple Juice Grains Whole Wheat Dinner Roll Milk Fat Free Chocolate Milk Low Fat 1% Milk Misc. Brown Gravy</p>	<p>10</p> <p>Entree BBQ Chicken Sandwich Gardenburger® Veggie Burger Vegetables Side Salad Broccoli Fruit 100% Apple Juice Banana Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>11</p> <p>Entree Cheesy Baked Ziti Vegetables Side Salad Fruit Fresh Apple Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>
<p>14</p> <p>Entree Beef Cheeseburger Veggie Nuggets & Roll Vegetables Side Salad Roasted Potato Fruit Fresh Apple Milk Fat Free Chocolate Milk Low Fat 1% Milk Misc. Ketchup</p>	<p>15</p> <p>Entree Turkey Soft Tacos Black Bean Soft Tacos Vegetables Side Salad Seasoned Black Beans Chunky Salsa, Mild Fruit Fresh Orange Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>16</p> <p>Entree Turkey & Cheese Melt Grilled Cheese Sandwich Vegetables Green Beans Side Salad Fruit Fresh Apple Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>17</p> <p>Entree Thanksgiving Chicken Thigh Macaroni & Cheese Vegetables Side Salad Sweet Potato Mash Fruit Fresh Orange Grains Whole Grain Corn Bread Milk Fat Free Chocolate Milk Low Fat 1% Milk Misc. Brown Gravy</p>	<p>18</p> <p>Entree Cheese Pizza Vegetables Side Salad Fruit Banana Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>28</p> <p>Entree Hot Dog Veggie Nuggets Vegetables Baked Beans Side Salad Fruit Fresh Apple Grains Honey Wheat Biscuit Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>29</p> <p>Entree Turkey Bean Chili Macaroni & Cheese Vegetables Side Salad Broccoli Fruit Fresh Apple Grains Brown Rice Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>30</p> <p>Entree Salisbury Steak, with Mushroom Gravy Turkey Veggie Nuggets Vegetables Glazed Carrots Side Salad Roasted Potato Fruit 100% Apple Juice Grains Whole Grain Corn Bread Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>		