

NOVEMBER 2021

This institution is an equal opportunity provider.

What Makes a Lunch

Select 3-5 Components



One must be a



	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chicken Fajita Day Chicken Strips Whole Grain Tortilla Fajita Fixings Corn & Bean Salad Fresh Fruit-Asstd Fruit Cup-asstd Fruit Juice- Asst 1% Milk Fat Free Choc Milk	2 Pizza Day! Domino's Cheese Pizza Tossed Salad Salad Dressing-asstd Fruit Cup-asstd Fresh Fruit-Asstd 1% Milk Fat Free Choc Milk	3 Chicken Cacciatore Day! Chicken Cacciatore WG Pasta Marinara Sauce Tossed Salad Salad Dressing-asstd Fresh Veggie Crunchers, Fresh Fruit-Asstd Fruit Cup-asstd Fruit Juice - Asst 1% Milk Fat Free Choc Milk	4 Beef Nacho Day Beef Nacho Meat Tostitos Crispy Rounds WG Cheddar Cheese Sauce Salsa Corn & Bean Salad Fresh Fruit 1% Milk Fat Free Choc Milk	5 Burger Day! Hamburger On WG Roll Cheeseburger On WG Roll Veggie Burger Ketchup-Mustard-Relish Oven Fries Fresh Veggie Crunchers, Fresh Fruit-Asstd Fruit Cup-asstd Fruit Juice- Asst 1% Milk Fat Free Choc Milk
8	Chicken Rice Casserole Fresh Fruit-Asstd Fruit Cup-asstd 1% Milk Fat Free Choc Milk	9 Pizza Day! Domino's Cheese Pizza Tossed Salad Salad Dressing-asstd Fruit Cup-asstd Fresh Fruit-Asstd 1% Milk Fat Free Choc Milk	10 Pasta Day! WG Pasta Marinara Sauce Meat Sauce Tossed Salad Salad Dressing-asstd Fresh Veggie Crunchers, Cheese Sticks - Light Mozz Fresh Fruit-Asstd Fruit Cup-asstd Fruit Juice - Asst 1% Milk Fat Free Choc Milk	11 	12 Crispy Chicken Sandwich Day! Crispy Breaded Chicken Patty WG Hamburger Bun Oven Fries Fresh Fruit-Asstd Fruit Cup-asstd 1% Milk Fat Free Choc Milk
15	Homestyle Chicken Rice Soup Day! Chicken Rice Soup Tossed Salad Salad Dressing-asstd Fresh Veggie Crunchers, Fresh Fruit-Asstd Fruit Cup-asstd Fruit Juice - Asst 1% Milk Fat Free Choc Milk	16 Pizza Day! Domino's Cheese Pizza Tossed Salad Salad Dressing-asstd Fruit Cup-asstd Fresh Fruit-Asstd 1% Milk Fat Free Choc Milk	17 Pasta Day! Macaroni and Cheese Tossed Salad Lite Italian Dressing Fresh Fruit-Asstd Fruit Cup-asstd Fruit Juice- Asst 1% Milk Fat Free Choc Milk	18 Main Entree Turkey Dinner Day Roast Turkey Breast Homestyle Turkey Gravy Traditional Stuffing V Locally Grown Butternut Squash Peas Green Cranberry Sauce Fruit Cup-asstd Fruit Juice- Asst 1% Milk Fat Free Choc Milk	19 Crispy Chicken Sandwich Day! Crispy Breaded Chicken Patty WG Hamburger Bun Oven Fries Fresh Fruit-Asstd Fruit Cup-asstd 1% Milk Fat Free Choc Milk
22	Chicken Tender Day! Chicken Tenders Dipping Sauces - Asst Mashed Potatoes Steamed Carrots Fresh Veggie Crunchers, Fresh Fruit-Asstd Fruit Cup-asstd Fruit Juice- Asst 1% Milk Fat Free Choc Milk	23 Main Entree Tossed Salad --With-- Grilled Chicken Lite Italian Dressing WG Dinner Roll Fresh Fruit 1% Milk Fat Free Choc Milk	24 	25 	26 
29	Chicken Pot Pie Day! Chicken Pot Pie V Mixed Vegetables Fresh Fruit-Asstd Fruit Cup-asstd Fruit Juice- Asst 1% Milk Fat Free Choc Milk	30 Pizza Day! Domino's Cheese Pizza Tossed Salad Salad Dressing-asstd Fruit Cup-asstd Fresh Fruit-Asstd 1% Milk Fat Free Choc Milk			