

NOVEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<ul style="list-style-type: none"> chicken bites chicken alfredo sunbutter & jelly (VG) seasoned green beans 	<ul style="list-style-type: none"> firecracker chicken w/ sesame noodles breakfast for lunch: pancakes w/ omelet (VG) chicken caesar wrap pinto beans
5	6	7	8	9
<ul style="list-style-type: none"> cheesy pizza bite (VG) baked mac & cheese w/ chicken bites turkey & cheddar sandwich steamed corn 	<ul style="list-style-type: none"> bean & cheese quesadilla (VG) fiesta scoops w/ three layer dip (VG) chicken caesar wrap orangy carrots 	<ul style="list-style-type: none"> cheese pizza (VG) honey mustard chicken wrap coleslaw 	<ul style="list-style-type: none"> NEW !! steak fajita bowl w/ beans & corn chicken marinara pasta mighty meaty deli broccoli 	<ul style="list-style-type: none"> veggie chili (VG) general tso chicken santa fe chile chicken wrap smoky black eyed peas
12	13	14	15	16
<ul style="list-style-type: none"> crispy chicken sandwich(DF) spaghetti marinara (VG) buffalo chicken wrap chili citrus corn 	<ul style="list-style-type: none"> classic chicken parm pasta kickin chicken melt sandwich chinese chicken noodles island glazed carrots 	<ul style="list-style-type: none"> cheesy pizza bites chicken potstickers w/not-so-fried rice sesame chicken wrap broccoli & carrot salad 	<ul style="list-style-type: none"> HOLIDAY MEAL roasted turkey & stuffing (DF) cheese pizza panada pie(VG) turkey & cheddar sandwich seasoned green beans 	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (VG) mongolian beef bbq chicken wrap seasoned black beans
19	20	21	HAPPY THANKSGIVING! 22	23
<ul style="list-style-type: none"> bbq beef flatbread (VG) cheesy pizza bite (VG) chicken caesar salad broccoli w/ ranch 	<ul style="list-style-type: none"> chicken gumbo & cornbread southwest veggie wrap (VG) steamed corn 	<ul style="list-style-type: none"> sloppy joe (DF) bean & cheese pupusas honey mustard chicken wrap seasoned green beans 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY
26	27	28	29	30
<ul style="list-style-type: none"> crispy chicken sandwich (DF) cheese pizza (VG) chicken salad sandwich (DF) steamed carrots 	<ul style="list-style-type: none"> chicken alfredo chicken sausage & cheddar eggel sandwich sunbutter & jelly (VG) seasoned green beans 	<ul style="list-style-type: none"> cheesy pizza bite (VG) mighty meaty deli chili citrus corn 	<ul style="list-style-type: none"> cheesy ravioli (VG) bean & cheese quesadilla (VG) honey mustard chicken wrap broccoli w/ ranch 	<ul style="list-style-type: none"> firecracker chicken sesame noodles breakfast for lunch: pancakes w/ omelet (VG) chicken caesar wrap pinto beans

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