



**November/December 2017**

|                          | <b>Monday 11/27</b>  | <b>Tuesday 11/28</b>  | <b>Wednesday 11/29</b>   | <b>Thursday 11/30</b>   | <b>Friday 12/1</b>  |
|--------------------------|--|---|--|---|---|
| <b>Entrée – choose 1</b> | **Veggie Burger (40g) or Hamburger on Bun (25g)<br><br>*Beef Enchilada Dip with Tortilla Chips (34g) & Cornbread (29g)<br><br>*Buffalo Chicken Pizza (36g) | **Cheese & Bean Enchilada (42g)<br><br>**Macaroni-n-Cheese (25g) & Cornbread (29g)<br><br>*BBQ Chicken on Bun (34g) | * Philly Steak & Cheese Sub (33g)<br><br>*Pepperoni Pizza (35g)<br><br>*Turkey Sausage & French Toast Sticks (58g) | *Nacho Burger on Bun (26g)<br><br>*Turkey Divan (33g) & Breadstick (17g)<br><br>*Chicken Patty on Bun (34g) | *Spicy Chicken Tenders (9g) & Cornbread (29g)<br><br>**Veggie Pizza (43g) or Cheese Pizza (35g)<br><br>*Chili with Tortilla Chips (44g) & Cornbread (29g) |
|                          | <b>COLD ENTREE</b><br><br>*Italian Sub (30g)   | <b>COLD ENTREE</b><br><br>*Pasta Salad (60g) & Cornbread (29g)  | <b>COLD ENTREE</b><br><br>**Yogurt Parfait (63-78g) & Muffin (26-28g)  | <b>COLD ENTREE</b><br><br>**Vegetarian Sub (40g)  | <b>COLD ENTREE</b><br><br>*Turkey Ham & Cheese Sub (31g)  |
| <b>Choose 1 or more</b>  | *Collard Greens (4g)<br><br>**Black beans (22g)  | *Potato of Choice (14-37g)<br><br>*Green Beans (5g)   | *Corn (17g)<br><br>*Hot Apple Slices (20g)   | *Potato of Choice (14-37g)<br><br>*California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)      | *Steamed Broccoli (2g)  |

**WEEK 3**

|                          | <b>Monday 12/4</b>   | <b>Tuesday 12/5</b>  | <b>Wednesday 12/6</b>   | <b>Thursday 12/7</b>   | <b>Friday 12/8</b>   |
|--------------------------|--|--|---|--|--|
| <b>Entrée – choose 1</b> | *Taco Salad with Tortilla Chips (24g) & Cornbread (29g)<br><br>*Meatball Sub (39g)<br><br>*Pepperoni Pizza (35g) | *Chicken Nuggets (13g) & Breadstick (17g)<br><br>*BBQ Beef Rib Panini (42g)<br><br>**Cheese Stuffed Breadsticks with Spaghetti Sauce (58g) | *Cheeseburger on Bun (26g)<br><br>**Cheese Pizza (35g)<br><br>*Chicken Fajita (39g) | **Cheese & Bean Enchilada (42g)<br><br>*Buffalo Chicken Drumstick & Waffles (36g)<br><br>*Spaghetti with Meat Sauce (34g) & Breadstick (17g) | *Hamburger on Bun (25g)<br><br>**Veggie Pizza (43g) or Cheese Pizza (35g)<br><br>*Chicken a la King over Rice (33g) & Breadstick (17g) |
|                          | <b>COLD ENTREE</b><br><br>**Vegetarian Salad (22g) & Cornbread (29g)   | <b>COLD ENTREE</b><br><br>*Cobb Salad (20g) & Breadstick (17g)   | <b>COLD ENTREE</b><br><br>**Yogurt Parfait (63-78g) & Muffin (26-28g)               | <b>COLD ENTREE</b><br><br>*Turkey & Cheese Sub (29g)   | <b>COLD ENTREE</b><br><br>*Crispy Chicken Salad (27g) & Breadstick (17g)   |
| <b>Choose 1 or more</b>  | *Corn (17g)<br><br>**Black beans (22g)   | *Potato of Choice (14-37g)<br><br>*Green Beans (5g)  | *Steamed Cabbage (3g)   | *Steamed Broccoli (2g)   | *Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g)                                       |

**WEEK 4**

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Meatless food item is available at lunch daily. No pork, seafood or nut products offered. Menu subject to change. This institution is an equal opportunity provider. Revised 11/3/2017



**November/December 2017**

|                          | Monday 12/11   | Tuesday 12/12  | Wednesday 12/13   | Thursday 12/14  | Friday 12/15   |
|--------------------------|--|--|---|---|--|
| <b>Entrée – choose 1</b> | *Chicken Patty on Bun (34g)<br>*Turkey Sausage Pizza (36g)<br>*Sloppy Joe on Bun (36g) | *Philly Steak & Cheese Sub (33g)<br>*Buffalo Chicken Grab Wraps (40g)<br>*Lasagna (34g) & Breadstick (17g) | *Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g)<br>*Pepperoni Pizza (35g)<br>*Chili Cheese Coney (31g) | *Hot Italian Sub (30g)<br>*Cheesy Chicken Crunch Wrap (56g)<br>**Veggie Burger (40g) or Cheeseburger on Bun (27g) | *Spicy Chicken Tenders (9g) & Cornbread (29g)<br>**Veggie Pizza (43g) or Cheese Pizza (35g)<br>*Turkey & Cheese Melt (31g) |
|                          | <b>COLD ENTREE</b><br>**Vegetarian Sub (40g)   | <b>COLD ENTREE</b><br>**Vegetarian Salad (22g) & Breadstick (17g)  | <b>COLD ENTREE</b><br>**Yogurt Parfait (63-78g) & Muffin (26-28g)   | <b>COLD ENTREE</b><br>*Pasta Salad (60g) & Breadstick (17g)   | <b>COLD ENTREE</b><br>*Regular (42g) or Spicy Chicken Wrap (44g)   |
| <b>Choose 1 or more</b>  | *Collard Greens (4g)   | *Steamed Broccoli (2g)<br>**Garbanzo beans (20g)   | *Corn (17g)<br>*Hot Apple Slices (20g)  | *Potato of Choice (14-37g)<br>*California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)                | **Baked Beans (28g)  |

WEEK 1

|                          | Monday 12/18   | Tuesday 12/19   | Wednesday 12/20  | Thursday 12/21  | Friday 12/22  |
|--------------------------|--|---|--|---|---|
| <b>Entrée – choose 1</b> | *Chicken Drumstick & Waffle (37g)<br>*Turkey Sausage & Pepperoni Pizza (36g)<br>*Fiesta Nachos (36g) | *Salisbury Steak Ciabatta (39g)<br>*Cheese and Chicken Burrito (54g)<br>**Cheese Stuffed Breadsticks with Spaghetti Sauce (58g) | *Spicy Chicken Patty on Bun (34g)<br>*Pepperoni Pizza (35g)<br>*Taco Salad with Tortilla Chips (24g) & Cornbread (29g) | *Ohio Day Pizza Burger on Bun (29g)<br>*Orange Chicken over Rice (77g)<br>**Toasted Cheese Sandwich (32g) | *Chicken Tenders (12g) & Breadstick (17g)<br>**Veggie Pizza (43g) or Cheese Pizza (35g)<br>*Turkey Corn Dog (30g) |
|                          | <b>COLD ENTREE</b><br>**Vegetarian Salad (22g) & Muffin (26-28g)                                     | <b>COLD ENTREE</b><br>*Chicken Salad Wrap (39g)   | <b>COLD ENTREE</b><br>**Yogurt Parfait (63-78g) & Muffin (26-28g)  | <b>COLD ENTREE</b><br>*Italian Salad (10g) & Breadstick (17g)   | <b>COLD ENTREE</b><br>*Chef Salad (25g) & Breadstick (17g)  |
| <b>Choose 1 or more</b>  | *Green Beans (5g)<br>**Black beans (22g)   | *Mashed Potatoes with Gravy (23g)<br>*Brussels Sprouts (7g)   | *Corn (17g)  | *Potato of Choice (14-37g)<br>*Steamed Broccoli (2g)  | *Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)<br>*Hot Peach Slices (28g)                |

WEEK 2



**WINTER BREAK – DECEMBER 25th to JANUARY 5th**



A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Meatless food item is available at lunch daily. No pork, seafood or nut products offered. Menu subject to change. This institution is an equal opportunity provider. Revised 11/3/2017