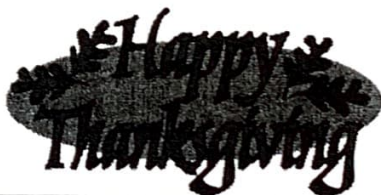


	Monday 11/15	Tuesday 11/16	Lean & Green Wed 11/17	Thursday 11/18	Friday 11/19
Entrée – choose 1	[REDACTED] *Pepperoni Pizza (34g) Toasted Cheese Melt (32g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g)	[REDACTED] (56g) **Cheese & Bean Burrito (42g)	[REDACTED] *Hamburger on Bun (26g)	[REDACTED] Chicken Tenders (9g) & [REDACTED] **Veggie Pizza (39g) or Cheese Pizza (34g)
	COLD ENTREES [REDACTED]	COLD ENTREES [REDACTED]	COLD ENTREES **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES **Egg Combo (34-59g)	COLD ENTREES [REDACTED]
Choose 1 or more	*Corn (14g) **Garbanzo beans (20g)	[REDACTED] (20-28g) *Steamed Broccoli (2g)	*Green Beans (5g) [REDACTED] (22g)	[REDACTED] *Collard Greens (4g)	**Baked Beans (28g)

WEEK 1

	Monday 11/22	Tuesday 11/23	Lean & Green Wed 11/24	Thursday 11/25	Friday 11/26
Entrée – choose 1					
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Choose 1 or more					

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) 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. **Vegetarian protein food is available at lunch daily. No pork, nut product or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 10/29/2021

Lunch

	Monday 11/29	Tuesday 11/30	Lean & Green Wed 12/1	Thursday 12/2	Friday 12/3
Entrée – choose 1	*BBQ Beef Rib Sub (40g) *Pepperoni Pizza (34g)	_____ **Macaroni-n-Cheese (25g) & Dinner Roll (16g) *Chicken Patty on Bun (34g)	_____ _____ **French Bread Cheese Pizza (33g)	*Hamburger on Bun (26g) _____ _____ Chicken Drumstick	_____ Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (39g) or Cheese Pizza (34g)
	COLD ENTREES _____	COLD ENTREES _____	COLD ENTREES **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES _____	COLD ENTREES _____
Choose 1 or more	_____ <i>IT blend veg 5g</i>	_____ *Collard Greens (4g)	*Green Beans (5g) _____	_____ *California Mixed Vegetables (3g)	*Steamed Broccoli (2g) _____

WEEK 3

	Monday 12/6	Tuesday 12/7	Lean & Green Wed 12/8	Thursday 12/9	Friday 12/10
Entrée – choose 1	_____ *Pepperoni Pizza (34g)	*Chicken Boneless Wings (15g) & Dinner Roll (16g) _____ _____ (37g) *Turkey Sausage & French Toast Sticks (59g)	_____ (54g) _____ _____	**Toasted Cheese Sandwich (34g) _____ _____ ** OH Day Chili Mac (45g) & Dinner Roll (16g)	*Salisbury Steak on Bun (36g) **Veggie Pizza (39g) or Cheese Pizza (34g) _____
	COLD ENTREES **Yogurt, Cheese & Craisins (52-53g) & Grahams (38g)	COLD ENTREES _____	COLD ENTREES **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES _____	COLD ENTREES _____
Choose 1 or more	_____ **Black beans (22g)	_____ *Green Beans (5g)	_____ <i>mixed veggie</i> *Hot Cinnamon Peaches (28g)	_____ *Steamed Broccoli (2g)	*Italian Mixed Vegetables – (5g) zucchini, carrot, cauliflower, Italian green bean & lima bean

WEEK 4

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) 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. **Vegetarian protein food is available at lunch daily. No pork, nut product or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 10/29/2021