

November/December 2018

			7 December 2010		
Entrée – choose 1	Lean & Green Monday 11/26	Tuesday 11/27	Wednesday 11/28	Thursday 11/29	Friday 11/30
	**Veggie Pasta Bake (41g) & Breadstick (17g)	**Cheese & Bean Enchilada (42g)	* Philly Steak & Cheese Sub (33g)	*Hamburger on Bun (25g)	*Chicken Patty on Bun (34g)
	**Blazin' Buffalo Wrap (51g)	**Macaroni-n-Cheese (25g) & Cornbread (29g)	*Fiestada Pizza (43g) *Turkey Sausage &	*Turkey Divan (33g) & Cornbread (29g)	**Veggie Pizza (43g) or Cheese Pizza (35g)
	**Vegetable Egg Roll (22g) & Egg Fried Rice (29g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)	French Toast Sticks (58g)	*Hot & Spicy Chicken Drumstick & Waffle (35g)	*Cook's Choice
	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
	**Chipotle Wrap (65g) & Cheese Stick (1g) Combo	*Turkey & Cheese Wrap (35g)	*Regular (43g) or Spicy Chicken Wrap (43g)	**Veg Out Sub (40g)	*Turkey Ham & Cheese Sub (31g)
	**Cottage Cheese (6g) + Muffin (26-28g) + Fruit	*Egg Combo (34-59g)	**Yogurt Parfait (72- 91g) & Muffin (26-28g)	*Crispy Chicken Salad (27g) & Cornbread (29g)	*Chef Salad (17g) & Cornbread (29g)
1 or e	*Green Beans (5g) **Black beans (22g)	*Potato of Choice (14-37g)	*Corn (17g) *Hot Apple Slices	*Potato of Choice (14-37g)	*Steamed Broccoli (2g)
Choose 1 more	, ,	*Collard Greens (4g)	(20g)	*California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	

WEEK 3

Lean & Green Monday 12/3	Tuesday 12/4	Wednesday 12/5	Thursday 12/6	Friday 12/7
**Cheese Pizza (35g) **Pro Bean Chili (30g) & 2 Cornbread (58g) **Veggie Burger on Bun with BBQ (44g) or with Cheese (40g)	*Chicken Nuggets (15g) & Breadstick (17g) *BBQ Beef Rib Sub (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g)	*Cheeseburger on Bun (26g) *Pepperoni Pizza (35g) *Sloppy Joe on Bun (36g)	*Ohio Day Pizza Burger on Bun (29g) **Cheese & Bean Burrito (40g) *Chicken Drumstick & Waffle (34g)	*Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cook's Choice
COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
**Sun Butter Grab-n- Go (71-77g)	**Veg Out Sub (40g) *Cobb Salad (12g) &	*BBQ Chicken Wrap (49g)	*Turkey & Cheese Sub (29g)	*Turkey Ham & Cheese Wrap (37g)
**Super Garden Salad (13g) & Cornbread (29g)	Breadstick (17g)	**Yogurt Parfait (72- 91g) & Muffin (26-28g)	*Italian Salad (10g) & Breadstick (17g)	*Crispy Chicken Salad (27g) & Breadstick (17g)
*Corn (17g) **Black beans (22g)	*Potato of Choice (14-37g) *Green Beans (5g)	*Steamed Cabbage (3g)	*Steamed Broccoli (2g)	*Italian Mixed Veg — zucchini, carrot, cauliflower, Italian green & lima beans (5g)
	**Cheese Pizza (35g) **Pro Bean Chili (30g) & 2 Cornbread (58g) **Veggie Burger on Bun with BBQ (44g) or with Cheese (40g) **Sun Butter Grab-n-Go (71-77g) **Super Garden Salad (13g) & Cornbread (29g) **Corn (17g)	**Cheese Pizza (35g) **Chicken Nuggets (15g) & Breadstick (17g) **Pro Bean Chili (30g) & 2 Cornbread (58g) **Veggie Burger on Bun with BBQ (44g) or with Cheese (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g) **Sun Butter Grab-n- Go (71-77g) **Super Garden Salad (13g) & Cornbread (29g) **Corn (17g) **Potato of Choice (14-37g) **Black beans (22g)	**Cheese Pizza (35g) **Chicken Nuggets (15g) & Breadstick (17g) **Pepperoni Pizza (35g) **BBQ Beef Rib Sub (40g) **Sloppy Joe on Bun (36g) **Super Garden Salad (13g) & Cornbread (13g) & Cornbread (29g) **Corn (17g) **Pepperoni Pizza (35g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g) **COLD ENTREES **Veg Out Sub (40g) **Cobb Salad (12g) & Breadstick (17g) **Yogurt Parfait (72-91g) & Muffin (26-28g) **Steamed Cabbage (3g) **BBQ Beef Rib Sub (40g) **Sloppy Joe on Bun (36g) **BBQ Chicken Wrap (49g) **Yogurt Parfait (72-91g) & Muffin (26-28g) **Steamed Cabbage (3g) **Steamed Cabbage (3g)	**Cheese Pizza (35g) **Pro Bean Chili (30g) & 2 Cornbread (58g) **BBQ Beef Rib Sub (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g) **Sun Butter Grab-n-Go (71-77g) **Super Garden Salad (13g) & Cornbread (29g) **Super Garden Salad (13g) & Cornbread (29g) **Cobb Salad (12g) & Breadstick (17g) **Cobb Salad (12g) & Breadstick (17g) **Cheese Burger on Bun (26g) **Cheese & Bean Burrito (40g) **Cheese & Bean Burrito (40g) **Chicken Drumstick & Waffle (34g) **Cold ENTREES **Super Garden Salad (12g) & Breadstick (17g) **Yogurt Parfait (72-91g) & Waffle (26-28g) **Yogurt Parfait (72-91g) & Waffle (26-28g) **Steamed Cabbage (3g) **Steamed Broccoli (2g) **Steamed Broccoli (2g)

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. **Plant-based food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/26/2018



SCHOOLS High School Grades 9-12 Lunch Menu

November/December 2018

	Lean & Green Monday 12/10	Tuesday 12/11	Wednesday 12/12	Thursday 12/13	Friday 12/14
hoose 1	**Toasted Cheese Sandwich (32g)	*Southwest Turkey Burger on Bun (26g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g)	*Hot Italian Sub (30g) *Cheesy Chicken	*Spicy Chicken Tenders (9g) & Cornbread (29g)
	**Amazing Lo Mein w/ Beans (63g) or w/ Eggs (46g) &	*Chicken and Cheese Taquitos (30g)	*Pepperoni Pizza (35g)	Crunch Wrap (57g) **Veggie Burger (39g)	**Veggie Pizza (43g) or Cheese Pizza (35g)
Entrée – choose	Cornbread (29g) **Cheese & Bean	*Lasagna (34g) & Breadstick (17g)	*Turkey & Cheese Melt (31g)	or Cheeseburger on Bun (27g)	*Cook's Choice
<u> </u>	Enchilada (42g)				
	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
,	**Egg Salad on Croissant (32g)	*Turkey & Cheese Sub (29g)	*Turkey Ham & Cheese Sub (31g)	*Italian Sub (30g)	*Cobb Salad (12g) & Cornbread (29g)
	**Cottage Cheese (6g) + Muffin (26-28g) + Fruit	**Super Garden Salad (13g) & Breadstick (17g)	**Yogurt Parfait (72-91g) & Muffin (26-28 g)	*Egg Combo (34-59g)	
ō	*Steamed Broccoli (2g)	*Collard Greens (4g)	*Corn (17g)	*Potato of Choice (14- 37g)	**Baked Beans (28g)
Choose 1 more	*Tomato Soup (15g) and Saltines (19g)	**Garbanzo beans (20g)	*Hot Apple Slices (20g)	*Edamame Medley – edamame, corn, carrots, & red peppers (8g)	
WEEK 1					
WEEK 1	Lean & Green Monday 12/17	Tuesday 12/18	Wednesday 12/19	Thursday 12/20	Friday 12/21
WEEK 1	12/17 **Fiesta Rice and	Tuesday 12/18 *Turkey/Gravy (3g)	*Spicy Chicken Patty on	*Cheeseburger on Bun	*Chicken Tenders (12g)
WEEK 1	**Fiesta Rice and Beans with Tortilla	*Turkey/Gravy (3g)			
	12/17 **Fiesta Rice and		*Spicy Chicken Patty on	*Cheeseburger on Bun	*Chicken Tenders (12g)
	**Fiesta Rice and Beans with Tortilla Chips (77g)	*Turkey/Gravy (3g) *Turkey Corn Dog (30g)	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g)	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) &	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza
	**Fiesta Rice and Beans with Tortilla Chips (77g)	*Turkey/Gravy (3g) *Turkey Corn Dog (30g) **Cheese Stuffed	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza
	**French Toast Sticks	*Turkey/Gravy (3g) *Turkey Corn Dog (30g)	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g)	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g) **Toasted Cheese	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza
	**French Toast Sticks with Sausage (64g) or	*Turkey/Gravy (3g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) &	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g)
Entrée – choose 1	**French Toast Sticks	*Turkey/Gravy (3g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) &	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g) **Toasted Cheese	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g)
	**French Toast Sticks with Sausage (64g) or w/ Eggs (59g) COLD ENTREES	*Turkey/Gravy (3g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g) COLD ENTREES	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g) **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cook's Choice
	**French Toast Sticks with Sausage (64g) or w/ Eggs (59g)	*Turkey/Gravy (3g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g) **Toasted Cheese Sandwich (32g) COLD ENTREES **Veg Out Sub (40g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cook's Choice
Entrée – choose 1	**Fiesta Rice and Beans with Tortilla Chips (77g) **Cheesy Crescent Roll (33g) **French Toast Sticks with Sausage (64g) or w/ Eggs (59g) COLD ENTREES **Sun Butter Grab-n-Go	*Turkey/Gravy (3g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g) COLD ENTREES *BBQ Chicken Wrap	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g) COLD ENTREES *Turkey & Cheese Sub	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g) **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cook's Choice COLD ENTREES *Turkey Ham & Cheese
Entrée – choose 1	**Fiesta Rice and Beans with Tortilla Chips (77g) **Cheesy Crescent Roll (33g) **French Toast Sticks with Sausage (64g) or w/ Eggs (59g) COLD ENTREES **Sun Butter Grab-n-Go (76g) **Super Garden Salad	*Turkey/Gravy (3g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g) COLD ENTREES *BBQ Chicken Wrap (49g) *Cobb Salad (12g) & Muffin (26-28g) *Mashed Potatoes with	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g) *COLD ENTREES *Turkey & Cheese Sub (29g) **Yogurt Parfait (72-91g)	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g) **Toasted Cheese Sandwich (32g) COLD ENTREES **Veg Out Sub (40g) *Italian Salad (10g) & Breadstick (17g) **Potato of Choice (14-	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cook's Choice COLD ENTREES *Turkey Ham & Cheese Wrap (37g) *Chef Salad (17g) & Breadstick (17g) *Mixed Vegetables – corn,
Entrée – choose 1	**Fiesta Rice and Beans with Tortilla Chips (77g) **Cheesy Crescent Roll (33g) **French Toast Sticks with Sausage (64g) or w/ Eggs (59g) COLD ENTREES **Sun Butter Grab-n-Go (76g) **Super Garden Salad (13g) & Muffin (26-28g)	*Turkey/Gravy (3g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g) COLD ENTREES *BBQ Chicken Wrap (49g) *Cobb Salad (12g) & Muffin (26-28g)	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g) COLD ENTREES *Turkey & Cheese Sub (29g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	*Cheeseburger on Bun (26g) *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g) **Toasted Cheese Sandwich (32g) COLD ENTREES **Veg Out Sub (40g) *Italian Salad (10g) & Breadstick (17g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cook's Choice COLD ENTREES *Turkey Ham & Cheese Wrap (37g) *Chef Salad (17g) & Breadstick (17g)

WEEK 2



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. **Plant-based food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/26/2018