



**November/December 2018**

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

**WEEK 3**

	<b>Lean &amp; Green Monday 12/3</b>	<b>Tuesday 12/4</b>	<b>Wednesday 12/5</b>	<b>Thursday 12/6</b>	<b>Friday 12/7</b>
<b>Entrée – choose 1</b>	**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
	<b>COLD ENTREES</b>  **Sun Butter Grab-n-Go (71-77g)	<b>COLD ENTREES</b>  *Cobb Salad (12g) & Breadstick (17g)	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)	<b>COLD ENTREES</b>  *Crispy Chicken Salad (27g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Corn (17g)  **Black beans (22g)	*Potato of Choice (14-37g)  *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. \*\*Plant-based food item is available at lunch daily. No pork, seafood or nut products are offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/26/2018



	<b>Lean &amp; Green Monday 12/10</b>	<b>Tuesday 12/11</b>	<b>Wednesday 12/12</b>	<b>Thursday 12/13</b>	<b>Friday 12/14</b>
<b>Entrée – choose 1</b>	**Toasted Cheese Sandwich (32g)  **Amazing Lo Mein w/ Beans (63g) or w/ Eggs (46g) & Cornbread (29g)  **Cheese & Bean Enchilada (42g)	*Southwest Turkey Burger on Bun (26g)  *Chicken and Cheese Taquitos (30g)  *Lasagna (34g) & Breadstick (17g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g)  *Pepperoni Pizza (35g)  *Turkey & Cheese Melt (31g)	*Hot Italian Sub (30g)  *Cheesy Chicken Crunch Wrap (57g)  **Veggie Burger (39g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Cook’s Choice
	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>
	**Egg Salad on Croissant (32g)	**Super Garden Salad (22g) & Breadstick (17g)	**Yogurt Parfait (72-91g) & Muffin (26-28g)	*Egg Combo (34-59g)	*Cobb Salad (12g) & Cornbread (29g)
<b>Choose 1 or more</b>	*Steamed Broccoli (2g)  *Tomato Soup (15g) and Saltines (19g)	*Collard Greens (4g)  **Garbanzo beans (20g)	*Corn (17g)  *Hot Apple Slices (20g)	*Potato of Choice (14-37g)  *Edamame Medley – edamame, corn, carrots, & red peppers (8g)	**Baked Beans (28g)

**WEEK 1**

	<b>Lean &amp; Green Monday 12/17</b>	<b>Tuesday 12/18</b>	<b>Wednesday 12/19</b>	<b>Thursday 12/20</b>	<b>Friday 12/21</b>
<b>Entrée – choose 1</b>	**Fiesta Rice and Beans with Tortilla Chips (77g)  **Cheesy Crescent Roll (33g)  **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)	*Chicken Tenders (12g) & Breadstick (17g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Cook’s Choice
	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>	<b>COLD ENTREES</b>
	**Sun Butter Grab-n-Go (71-77g)	*BBQ Chicken Wrap (49g)	**Yogurt Parfait (72-91g) & Muffin (26-28g)	*Italian Salad (10g) & Breadstick (17g)	*Chef Salad (17g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Green Beans (5g)	*Mashed Potatoes with Gravy (23g)  *Brussels Sprouts (7g)	*Corn (17g)  **Black beans (22g)	**Potato of Choice (14-37g)  *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)  *Hot Peach Slices (28g)

**WEEK 2**

**WINTER BREAK DECEMBER 24 –JANUARY 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, seafood or nut products are offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/26/2018