



October/November 2018

	Lean & Green Monday 10/29	Tuesday 10/30	Wednesday 10/31	Thursday 11/1	Friday 11/2
Entrée – choose 1	**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) *Chicken Patty on Bun (34g)	* Philly Steak & Cheese Sub (33g) *Fiestadai Pizza (43g) *Turkey Sausage & French Toast Sticks (58g)	*Hamburger on Bun (25g) *Turkey Divan (33g) & Cornbread (29g) *Hot & Spicy Chicken Drumstick & Waffle (35g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Fiesta Nachos (36g)
	COLD ENTREES **Cottage Cheese (6g) Grab-n-Go with Fruit + Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Wrap (35g)	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES **Veg Out Sub (40g)	COLD ENTREES *Chef Salad (17g) & Cornbread (29g)
Choose 1 or more	*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

	Lean & Green Monday 11/5	Tuesday 11/6	Wednesday 11/7	Thursday 11/8	Friday 11/9
Entrée – choose 1	**Cheese Pizza (35g) **Two Bean Chili (39g) & 2 Cornbread (58g) **BBQ Burger on Bun (44g)	NO SCHOOL	*Cheeseburger on Bun (26g) *Pepperoni Pizza (35g) *Sloppy Joe on Bun (36g)	 *Ohio Day Cheese Pizza (41g) **Cheese & Bean Burrito (40g) *Chicken Drumstick & Waffle (34g)	*Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken Fajita (39g)
	COLD ENTREES **Sun Butter Grab-n-Go (71-77g)		COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Sub (29g)	COLD ENTREES *Crispy Chicken Salad (27g) & Breadstick (17g)
Choose 1 or more	*Corn (17g) **Black beans (22g)		*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 or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 10/12/2018



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	Lean & Green Monday 11/12	Tuesday 11/13	Wednesday 11/14	Thursday 11/15	Friday 11/16
Entrée – choose 1	**Toasted Cheese Sandwich (32g)	*Southwest Burger on Bun (26g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g)	*Hot Italian Sub (30g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)
	**Amazing Lo Mein (63g) & Cornbread (29g)	*Chicken and Cheese Taquitos (30g)	*Pepperoni Pizza (35g)	*Cheesy Chicken Crunch Wrap (57g)	**Veggie Pizza (43g) or Cheese Pizza (35g)
	**Cheese & Bean Enchilada (42g)	*Lasagna (34g) & Breadstick (17g)	*Turkey & Cheese Melt (31g)	**Veggie Burger (39g) or Cheeseburger on Bun (27g)	*Chili Cheese Coney (31g)
	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
	**Egg Salad on Croissant (32g)	**Super Garden Salad (13g) & Breadstick (17g)	**Yogurt Parfait (72-91g) & Muffin (26-28g)	*Egg Combo (34-59g)	*Cobb Salad (12g) & Cornbread (29g)
Choose 1 or more	*Steamed Broccoli (2g)	*Collard Greens (4g)	*Corn (17g)	*Potato of Choice (14-37g)	**Baked Beans (28g)
	*Tomato Soup (15g) and Saltines (19g)	**Garbanzo beans (20g)	*Hot Apple Slices (20g)	*Edamame Medley – edamame, corn, carrots, & red peppers (8g)	

WEEK 1

	Lean & Green Monday 11/19	Tuesday 11/20	Wednesday 11/21	Thursday 11/22	Friday 11/23
Entrée – choose 1	**Fiesta Rice and Beans with Tortilla Chips (77g)	*Turkey/Gravy(3g)	NO SCHOOL	NO SCHOOL	NO SCHOOL
	**Cheesy Crescent Roll (33g)	*Turkey Corn Dog (30g)			
choose	**Sausage & French Toast Sticks (64g)	**Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)			
	COLD ENTREES	COLD ENTREES			
	**Sun Butter Grab-n-Go (71-77g)	*BBQ Chicken Wrap (49g)			
Choose 1 or more	*Green Beans (5g)	*Mashed Potatoes with Gravy (23g)			
		*Brussels Sprouts (7g)			

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 10/12/2018