


## Schools with Grades K-8 Menu October/November 2019

# Lunch

	<b>Monday 10/28</b>	<b>Tuesday 10/29</b>	<b>Lean &amp; Green Wed 10/30</b>	<b>Thursday 10/31</b>	<b>Friday 11/1</b>
<b>Entrée – choose 1</b>	*Philly Steak & Cheese Sub (34g)  *Fiestada Pizza (43g)  *Turkey Sausage & French Toast Sticks (58g)	**Cheese & Bean Enchilada (42g)  **Macaroni-n-Cheese (25g) & Cornbread (29g)  *Chicken Patty on Bun (34g)	**Veggie Pasta Bake (41g) & Breadstick (17g)  **Blazin’ Buffalo Wrap (51g)  **Vegetable Egg Roll (22g) & Egg Fried Rice (29g)	*Hamburger on Bun (26g)  *Turkey Divan (35g) & Cornbread (29g)  *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)  **Veggie Pizza (49g) or Cheese Pizza (44g)  *Fiesta Nachos (37g)
	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-29g)	<b>COLD ENTREES</b>  *Turkey & Cheese Wrap (34g)	<b>COLD ENTREES</b>  **Egg Salad on Croissant (32g)	<b>COLD ENTREES</b>  **Veg Out Sub (43g)	<b>COLD ENTREES</b>  *Chef Salad (16g) & Cornbread (29g)
<b>Choose 1 or more</b>	*Corn (17g)	*Potato of Choice (14-23g)  *Collard Greens (4g)	*Hot Apple Slices (22g)	*Potato of Choice (14-23g)  *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g)  **Black beans (22g)

**WEEK 3**

	<b>Monday 11/4</b>	<b>Tuesday 11/5</b>	<b>Lean &amp; Green Wed 11/6</b>	<b>Thursday 11/7</b>	<b>Friday 11/8</b>
<b>Entrée – choose 1</b>	*Cheeseburger on Bun (27g)  *Pepperoni Pizza (44g)  *Sloppy Joe on Bun (36g)		 **Sausage Style Pizza (45g)  **3 Bean Chili (19g) & 2 Cornbread (58g)  **Veggie Power Burger on Bun with BBQ (44g) or with Cheese (40g)	**Cheese & Bean Burrito (40g)  *Chicken Drumstick & Waffle (34g)  *Spaghetti with Meat Sauce (33g) & Breadstick (17g)	*Hamburger on Bun (26g)  **Veggie Pizza (49g) or Cheese Pizza (44g)  *Chicken Fajita (39g)
	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-29g)	<b>NO SCHOOL</b>	<b>COLD ENTREES</b>  **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)	<b>COLD ENTREES</b>  *Crispy Chicken Salad (27g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Steamed Cabbage (3g)  **Black beans (22g)		*Corn (17g)  *Hot Peach Slices (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), 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, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 9/13/2019

	<b>Monday 11/11</b>	<b>Tuesday 11/12</b>	<b>Lean &amp; Green Wed 11/13</b>	<b>Thursday 11/14</b>	<b>Friday 11/15</b>
<b>Entrée – choose 1</b>	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g)  *Pepperoni Pizza (44g)  *Turkey & Cheese Melt (32g)	*Southwest Burger on Bun (26g)  *Chicken and Cheese Taquitos (30g)  *Lasagna (34g) & Breadstick (17g)	**Two Cheese Twisted Stix (38g)  **Spicy Noodle Bowl (55-61g) & Cornbread (29g)  **Cheese & Bean Enchilada (42g)	*Hot Italian Sub (31g)  *Cheesy Chicken Crunch Wrap (56g)  **Veggie Power Burger (39g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)  **Veggie Pizza (49g) or Cheese Pizza (44g)  *Chili Cheese Coney (26g)
	<b>COLD ENTREES</b> **Yogurt Parfait (72-91g) & Muffin (26-29g)	<b>COLD ENTREES</b> **Veg Out Sub (38g)	<b>COLD ENTREES</b> **Egg Salad on Croissant (32g)	<b>COLD ENTREES</b> **Egg Combo (34-59g)	<b>COLD ENTREES</b> *Regular (44g) or Spicy Chicken Wrap (42g)
<b>Choose 1 or more</b>	*Corn (17g)	*Steamed Broccoli (2g)  **Garbanzo beans (20g)	*Tomato Soup (15g) and Saltines (19g)  *Hot Apple Slices (22g)	*Potato of Choice (14-23g)  *Collard Greens (4g)	**Baked Beans (28g)

**WEEK 1**

	<b>Monday 11/18</b>	<b>Tuesday 11/19</b>	<b>Lean &amp; Green Wed 11/20</b>	<b>Thursday 11/21</b>	<b>Friday 11/22</b>
<b>Entrée – choose 1</b>	*Spicy Chicken Patty on Bun (34g)  *Pepperoni Pizza (44g)  *Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	*Salisbury Steak on Bun (34g)  *Turkey Corn Dog (30g)  **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g)	**Chili Cheese Wrap (37g)  **Mighty Nachos (50g)  **French Toast Sticks with Egg (59g)	*Cheeseburger on Bun (27g)  *Chicken and Noodles (33g) & Cornbread (29g)  **Toasted Cheese Sandwich (34g)	*Chicken Tenders (12g) & Breadstick (17g)  **Veggie Pizza (49g) or Cheese Pizza (44g)  *Cheese & Chicken Burrito (53g)
	<b>COLD ENTREES</b> **Yogurt Parfait (72-91g) & Muffin (26-29g)	<b>COLD ENTREES</b> *Turkey Salad on Croissant (37g)	<b>COLD ENTREES</b> **Yogurt, Cheese Stick & Craisins (42-43g) & Grahams (38g)	<b>COLD ENTREES</b> *Italian Salad (9g) & Breadstick (17g)	<b>COLD ENTREES</b> *Chef Salad (15g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Corn (17g)  **Black beans (22g)	*Mashed Potatoes/Gravy (23g)  *Brussels Sprouts (7g)	*Green Beans (5g)  *Hot Peach Slices (28g)	**Potato of Choice (14-23g)  *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g)

**WEEK 2**

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