


	Monday 11/15	Tuesday 11/16	Lean & Green Wed 11/17	Thursday 11/18	Friday 11/19
Entrée – choose 1	*Chicken Enchilada Dip with Tortilla Chips (31g) & Dinner Roll (16g) *Pepperoni Pizza (34g) *Turkey & Cheese Melt (32g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) *Lasagna (29g) & Dinner Roll (16g)	**Fiesta Rice and Tortilla Chips (56g) **Cheese & Bean Enchilada (42g) **French Bread Cheese Pizza (33g)	*Hot Italian Sub (31g) *Turkey with Gravy (4g) & Cornbread (32g) *Hamburger on Bun (26g)	*Spicy Chicken Tenders (9g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Chili Cheese Coney (26g)
	COLD ENTREES *Turkey Ham & Cheese Wrap (33g) **Cheese (2g) + Cinnamon Roll (36g) + Fruit	COLD ENTREES *Turkey & Cheese Sub (29g) **Citrus Salad (42g) & 2 Dinner Rolls (32g)	COLD ENTREES **Sun Butter Grab-n-Go (70-77g) **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES **Egg Combo (34-59g) *Chef Salad (16g) & Cornbread (32g)	COLD ENTREES *Spicy Chicken Wrap (38g) **Veg Out Wrap (40g)
Choose 1 or more	*Corn (14g) **Garbanzo beans (20g)	*Potato of Choice (20-28g) *Steamed Broccoli (2g)	*Green Beans (5g) *Hot Cinnamon Apples (22g)	*Potato Rounds (18g) *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 high protein food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 11/30/2021

Entrée – choose 1	Monday 11/29	Tuesday 11/30	Lean & Green Wed 12/1	Thursday 12/2	Friday 12/3
	*BBQ Beef Rib Sub (40g) *Pepperoni Pizza (34g) **Cheese & Bean Enchilada (42g)	*Sloppy Joe on Bun* (36g) **Macaroni-n-Cheese (25g) & Dinner Roll (16g) *Chicken Patty on Bun (34g)	**Veggie Pasta Bake (41g) & Dinner Roll (16g) **Blazin' Buffalo Wrap (49g) ** French Bread Cheese Pizza (33g)	*Hamburger on Bun (26g) *Turkey Divan (35g) & Biscuit (27g) *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Spicy Chicken Tenders (9g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Fiesta Nachos (36g)
COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	
*Regular (40g) or Spicy Chicken Wrap (38g) **Cheese (2g) + Cinnamon Roll (36g) + Fruit	*Turkey & Cheese Wrap (30g) **Yogurt, Sunflower Seeds & Craisins (52-53g) & Grahams (38g)	**Sun Butter Grab-n-Go (70-77g) **Yogurt Parfait (53-58g) & Muffin (26-29g)	**Citrus Salad (42g) & Biscuit (27g) **Veg Out Wrap (40g)	*Turkey Ham & Cheese Sub (32g) **Egg Combo (34-59g)	
Choose 1 or more	*Corn (14g) *Potato of Choice (15-28g) *Collard Greens (4g)	*Potato of Choice (15-28g) *Collard Greens (4g)	*Green Beans (5g) *Hot Cinnamon Apples (22g)	*Potato of Choice (15-28g) *California Mixed Vegetables (3g)	*Steamed Broccoli (2g) **Black beans (22g)

WEEK 3

Entrée – choose 1	Monday 12/6	Tuesday 12/7	Lean & Green Wed 12/8	Thursday 12/9	Friday 12/10
	*Cheeseburger on Bun (27g) *Pepperoni Pizza (34g) *Chicken Fried Rice (54g)	*Chicken Boneless Wings (15g) & Dinner Roll (16g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) *Turkey Sausage & French Toast Sticks (59g)	**Oriental Stir Fry over Rice (54g) **Veggie Power Burger on Bun with BBQ (44g) or Cheese (40g) **French Bread Cheese Pizza (33g)	**Toasted Cheese Sandwich (34g) *Chicken Drumstick & Waffle (35g)  OH Day Beef Chili Mac (35g) & Dinner Roll (16g)	*Salisbury Steak on Bun (36g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Chicken Fajita (35g)
COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	
*Buffalo Chicken Wrap (32g) **Yogurt, Sunflower Seeds & Craisins (52-53g) & Grahams (38g)	**Veg Out Wrap (40g) *Chef Salad (16g) & Cornbread (32g)	**Macaroni Salad with Egg (27g) **Yogurt Parfait (53-58g) & Muffin (26-29g)	*Turkey Ham & Cheese Wrap (33g) *Italian Salad (9g) & Cornbread (32g)	*Turkey & Cheese Sub (29g) *Crispy Chicken Salad (27g) & Muffin (26-28g)	
Choose 1 or more	*Steamed Cabbage (3g) **Black beans (22g)	*Potato of Choice (20-28g) *Green Beans (5g)	*Corn (14g) *Hot Cinnamon Peaches (28g)	 OH Day Sweet Potato (36g) *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 high protein food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 11/30/2021