


	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)	COLD ENTREES **Citrus Salad (32g) & 2 Dinner Rolls (32g)	COLD ENTREES **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES **Egg Combo (34-59g)	COLD ENTREES *Spicy Chicken Wrap (38g)
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 Round (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 protein food 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) COLD ENTREES **Cheese (2g) + Cinnamon Roll (36g) + Fruit	*Sloppy Joe on Bun* (36g) **Macaroni-n-Cheese (25g) & Dinner Roll (16g) *Chicken Patty on Bun (34g) COLD ENTREES *Turkey & Cheese Wrap (30g)	**Veggie Pasta Bake (41g) & Dinner Roll (16g) **Blazin’ Buffalo Wrap (49g) **French Bread Cheese Pizza (33g) COLD ENTREES **Yogurt Parfait (53-58g) & Muffin (26-29g)	*Hamburger on Bun (26g) *Turkey Divan (35g) & Biscuit (27g) *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g) COLD ENTREES **Citrus Salad (32g) & Biscuit (27g)	*Spicy Chicken Tenders (9g) & Dinner Roll (16g) ** Veggie Pizza (39g) or Cheese Pizza (34g) *Fiesta Nachos (36g) COLD ENTREES *Turkey Ham & Cheese Sub (32g)
Choose 1 or more	*Corn (14g)	*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) COLD ENTREES **Yogurt, Sunflower Seed & Craisins (52-53g) & Grahams (38g)	*Chicken Boneless Wings (15g) & Dinner Roll (16g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) *Turkey Sausage & French Toast Sticks (59g) COLD ENTREES *Chef Salad (16g) & Cornbread (32g)	**Oriental Stir Fry over Rice (54g) **Veggie Power Burger on Bun with BBQ (44g) or Cheese (40g) **French Bread Cheese Pizza (33g) COLD ENTREES **Yogurt Parfait (53-58g) & Muffin (26-29g)	**Toasted Cheese Sandwich (34g) *Chicken Drumstick & Waffle (35g)  OH Day Beef Chili Mac (35g) & Dinner Roll (16g) COLD ENTREES *Turkey Ham & Cheese Wrap (33g)	*Salisbury Steak on Bun (36g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Chicken Fajita (35g) COLD ENTREES *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 Potatoes (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 protein food 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