

NOVEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<ul style="list-style-type: none"> • Honey Grahams & Cinnamon Rumbles ¹ • (V) Bfast for Lunch: Pancakes with Omelet • Garden Ranch Salad with Chicken Breast ○ Glazed Carrots 	<ul style="list-style-type: none"> • Mini French Toast Muffin with String Cheese & OJ ² • (DF) Classic Spaghetti and Meatballs • Ham & Cheddar Sandwich ○ Broccoli Florets
<ul style="list-style-type: none"> • Dipperdoodle Bar ⁵ • (V) Five Cheese Lasagna • (DF) Sesame Chicken Wrap ○ Island Glazed Carrots 	<ul style="list-style-type: none"> • Bagel with Cream Cheese ⁶ • Spicy Chicken Chorizo & Cheddar Eggel (egg & bagel Sandwich) • Chicken Caesar Wrap ○ Green Peas 	<ul style="list-style-type: none"> • Cinnamon Crumble ⁷ • (V) Green Chile & Cheese Tamale • (V) Veggie Chef's Salad ○ Edamame & Grape Tomatoes 	<ul style="list-style-type: none"> • Yogurt with Honey Grahams and Orange Juice ⁸ • Beef Cheeseburger • (V) Hummus Dippers ○ Chopped Lettuce & Sliced Tomatoes with Ranch 	<ul style="list-style-type: none"> • Cinnamon Raisin Bagel with Cream Cheese & Jelly ⁹ • (V) Mac & Cheese & BBQ Chicken Bites • ((V) Sunny Sandwich Kit (sunbutter & jelly) ○ Chilled Seasoned Green Beans
<ul style="list-style-type: none"> • Blueberry Crisp Cereal ¹² • (V) Cheesy Ravioli • Turkey & Cheddar Sandwich ○ Chili Citrus Corn 	<ul style="list-style-type: none"> • Zac Omega Strawberry Bar ¹³ • (DF) Crispy Chicken Sandwich • Garden Ranch Salad with Chicken Breast ○ Chopped Lettuce & Sliced Tomatoes with Ranch 	<ul style="list-style-type: none"> • Yogurt & Educational Snacks & Orange Juice ¹⁴ • (V) Bfast for Lunch: Pancakes with Omelet • (DF) Chicken Salad Sandwich ○ Glazed Sliced Carrots 	<ul style="list-style-type: none"> • Mini French Toast Muffin and String Cheese ¹⁵ • (DF) Roasted Turkey & Stuffing • Sesame Chicken Salad ○ Chilled Seasoned Green Beans 	<ul style="list-style-type: none"> • Bagel with Cream Cheese and Orange Juice ¹⁶ • (DF) The Revolution Dog • (V) Sunny Sandwich Kit (sunbutter & jelly) ○ Pinto Beans & Baby Carrots
19	20	21	HAPPY THANKSGIVING! 22	23
<ul style="list-style-type: none"> • Wholegrain Cheerios & Educational Snacks ²⁶ • Creamy Chicken Alfredo • Mighty Meaty Deli Combo Sandwich ○ Chilled Seasoned Green Beans 	<ul style="list-style-type: none"> • Yogurt & Cinnamon Grahams ²⁷ • (V) Fiesta Scoops with Three Layer Dip • Ham & Cheddar Sandwich ○ Green Peas 	<ul style="list-style-type: none"> • Blueberry Muffin with Orange Juice ²⁸ • (DF) The Revolution Dog • (V) Veggie Chef's Salad ○ Grape Tomatoes with Ranch & Edamame 	<ul style="list-style-type: none"> • Honey Grahams with Cinnamon Rumbles ²⁹ • (V) Bfast for Lunch: Pancakes with Omelet • Turkey & Cheddar Sandwich ○ Island Glazed Carrots 	<ul style="list-style-type: none"> • Autumn Spice Muffin with Orange Juice ³⁰ • Mac & Cheese & Chicken Sausage Bites • Chicken Caesar Wrap ○ Broccoli & Carrot Salad

DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day