

NOVEMBER 2022 LUNCH MENU

NOTE: 1% MILK, WATER, TEA, COFFE AND WHOLE GRAIN BREAD SERVED WITH LUNCH DAILY

SUBSTITUTIONS FOR ENTRÉE: Peanut Butter and Jelly, Turkey or Ham Sandwiches

Monday	Tuesday	Wednesday	Thursday	Friday
	11/01	11/02	11/03	11/04
	Grilled Cheese Sandwich on WGB, Tomato Soup, Carrots, Applesauce Cup	Baked Lasagna, Tossed Salad with Lettuce, Tomato, Cucumber, Assorted Dressings, Garlic Bread, Fruit Salad	Chicken Tenders, Succotash, Sweet Potato Fries, Mandarin Oranges WGB	Pepperoni or Chesses Pizza, Cheese Stick, Green Beans, Bananas WGB
11/07	11/08	11/09	11/10	11/11
Cheeseburger on WG Bun w/Lettuce, Tomato, Mayo, French Fries, Baked Beans, Pears	Taco Salad w/WG shell, ground beef, lettuce tomato, sour cream, Spanish rice, Peaches	Baked Porked Chops, Baked Sweet Potatoes, Apples, Peas, WG Rolls	Pepperoni or Cheese Pizza, Cheese Stick, Green Beans, Mandarin Oranges WGB	Baked Chicken with Gray, Mashed Potatoes, Peas, Pears, WGB
11/14	11/15	11/16	11/17	11/18
Rotisserie Chicken, Spiced Apples, Northern Style Green Beans, Mixed Fruit WG Rolls	Macaroni w/Smoked Gouda and Ham, Buttered Lima Beans, Fresh Steamed Cauliflower, Mixed Fruit WG Rolls	Spinach Ricotta Quiche Butternut Squash, Rice Pilaf, Mixed Fruit, WG Rolls	Chicken Alfredo with Noodles, Harvard Beets, Corn Niblets, Garlic Bread, Mixed Fruit/ WGB	Thanksgiving Dinner Turkey with Stuffing, Gravy, Mashed Potatoes, Green Beans, Whole Grain Rolls, Assorted Pies
11/21	11/22	11/23	11/24	11/25
Penne Pasta w/Chicken, Spinach, Ricotta, Mozarella, Whipped Potatoes, Braised Red Cabbage, Green Beans, Gravy, Mixed Fruit, WGB	Chopped Beef Steak with Glazed Onions, Broccoli Sweet Potato Casserole Mixed Fruit, WG Rolls	Fried Tilipia, Buttered Peas, Cauliflower, Mixed Fruit, WG Rolls	CLOSED FOR THANKSGIVING HOLIDAY HAPPY THANKSGIVING!	CLOSED FOR THANKSGIVING HOLIDAY
11/28	11/29	11/30		
Turkey Tetrazzini, Seasoned Mixed Vegetables Sauteed Penne Pasta, Mixed Fruit, WG Rolls	Glazed Ham, Collard Greens, Carrots, Potatoes Au Gratin, Mixed Fruit Garlic Bread	Stuffed Peppers, Kale, Corn Niblets, Olive Bread, WGB, Mixed Fruit		

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