

# NOVEMBER 2022

## K-6 LUNCH

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|    | 1 CHICKEN PATTY SANDWICH<br>HAMBURGER<br>Waffle Fries<br>Lettuce, Pickle, Tomato Garnish<br>Seasonal Fresh Fruit<br>Ketchup, Individual Cup<br>Mustard Packet<br>Mayonnaise Packet<br>BBQ Sauce Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk | 2 HAWAIIAN HAYSTACK<br>Hawaiian Haystack Toppings<br>WHOLE GRAIN PEPPERONI PIZZA<br>WHOLE GRAIN CHEESE PIZZA<br>Seasonal Fresh Fruit<br>Ranch Dressing Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk   | 3 MESQUITE CHICKEN DRUMSTICK<br>CORN DOG<br>Sunchips, Flavor Variety<br>Double Fudge Cookie<br>Steamed Green Beans<br>Seasonal Fresh Fruit<br>Ketchup, Individual Cup<br>Mustard Packet<br>BBQ Sauce Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk  | 4 WHOLE GRAIN MACARONI & CHEESE<br>CHICKEN PATTY SANDWICH<br>Garlic Parmesan Breadstick<br>Steamed Broccoli, Fresh<br>Seasonal Fresh Fruit<br>Ketchup, Individual Cup<br>BBQ Sauce Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk |
| 7 WHOLE GRAIN PEPPERONI PIZZA<br>WHOLE GRAIN CHEESE PIZZA<br>BEAN & CHEESE BURRITO<br>Yogurt Cup<br>Grape Tomatoes<br>Seasonal Fresh Fruit<br>Ranch Dressing Cup<br>Salsa<br>Chocolate Milk<br>1% Milk<br>Skim Milk    | 8 WHITE CHICKEN CHILI<br>HAMBURGER<br>Tortilla Chips<br>Celery Sticks<br>Seasonal Fresh Fruit<br>Ketchup, Individual Cup<br>Mustard Packet<br>Mayonnaise Packet<br>Salsa<br>Chocolate Milk<br>1% Milk<br>Skim Milk                            | 9 WHOLE GRAIN LASAGNA<br>Garlic Parmesan Breadstick<br>WHOLE GRAIN PEPPERONI PIZZA<br>WHOLE GRAIN CHEESE PIZZA<br>Garden Salad<br>Seasonal Fresh Fruit<br>Ranch Dressing Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk                           | 10 CHICKEN BURRITO BOWL<br>Creamy Tomatillo Dressing<br>CORN DOG<br>Steamed Corn<br>Seasonal Fresh Fruit<br>Ketchup, Individual Cup<br>Mustard Packet<br>Chocolate Milk<br>1% Milk<br>Skim Milk   | 11 CHICKEN & WAFFLES<br>CHICKEN PATTY SANDWICH<br>Sliced Cucumbers<br>Seasonal Fresh Fruit<br>Syrup Cup<br>Ketchup, Individual Cup<br>BBQ Sauce Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk                                    |
| 14 CORN DOG<br>BEAN & CHEESE BURRITO<br>Waffle Fries<br>Grape Tomatoes<br>Seasonal Fresh Fruit<br>Salsa<br>Ketchup, Individual Cup<br>Fry Sauce Cup<br>Mustard Packet<br>Chocolate Milk<br>1% Milk<br>Skim Milk        | 15 BEEF TACOS<br>HAMBURGER<br>Refried Beans<br>Steamed Corn<br>Shredded Lettuce<br>Seasonal Fresh Fruit<br>Ketchup, Individual Cup<br>Mustard Packet<br>Mayonnaise Packet<br>Salsa<br>Chocolate Milk<br>1% Milk<br>Skim Milk                  | 16 MANDARIN ORANGE CHICKEN<br>Brown Rice (1 cup)<br>WHOLE GRAIN PEPPERONI PIZZA<br>WHOLE GRAIN CHEESE PIZZA<br>Fortune Cookie<br>Steamed Broccoli, Fresh<br>Seasonal Fresh Fruit<br>Ranch Dressing Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk | 17 TURKEY ROAST, white & dark meat<br>CORN DOG<br>Dinner Roll, WG<br>Mashed Potatoes<br>Turkey Gravy<br>Green Bean Casserole<br>Candied Sweet Potatoes<br>Seasonal Fresh Fruit<br>Pumpkin Cream Mini Pie<br>Ketchup, Individual Cup<br>Mustard Packet<br>Chocolate Milk<br>1% Milk<br>Skim Milk | 18 WHOLE GRAIN CHICKEN NUGGETS<br>CHICKEN PATTY SANDWICH<br>Whole Grain Breadstick<br>Roasted Brussels Sprouts<br>Seasonal Fresh Fruit<br>Ketchup, Individual Cup<br>BBQ Sauce Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk     |
| 21 FISH STICKS<br>BEAN & CHEESE BURRITO<br>Crinkle Cut Sweet Potato Fries<br>Seasonal Fresh Fruit<br>Tartar Sauce<br>Salsa<br>Fry Sauce Cup<br>Ketchup, Individual Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk       | 22 GRILLED CHEESE SANDWICH<br>HAMBURGER<br>Pudding Cup, Flavor Variety<br>Roasted Broccolini<br>Seasonal Fresh Fruit<br>Ketchup, Individual Cup<br>Mustard Packet<br>Mayonnaise Packet<br>Chocolate Milk<br>1% Milk<br>Skim Milk              | 23   | 24  | 25   |
| 28 WHOLE GRAIN PEPPERONI PIZZA<br>WHOLE GRAIN CHEESE PIZZA<br>BEAN & CHEESE BURRITO<br>Celery Sticks<br>Carrot Sticks<br>Seasonal Fresh Fruit<br>Salsa<br>Ranch Dressing Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk | 29 BEAN & CHEESE BURRITO<br>HAMBURGER<br>Yogurt Cup<br>Garden Salad<br>Seasonal Fresh Fruit<br>Salsa<br>Ketchup, Individual Cup<br>Mustard Packet<br>Mayonnaise Packet<br>Ranch Dressing Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk        | 30 CHICKEN POTATO BOWL<br>Whole Grain Breadstick<br>WHOLE GRAIN PEPPERONI PIZZA<br>WHOLE GRAIN CHEESE PIZZA<br>Seasonal Fresh Fruit<br>BBQ Sauce Cup<br>Ketchup, Individual Cup<br>Ranch Dressing Cup<br>Chocolate Milk<br>1% Milk<br>Skim Milk  | <p><b>Menus are subject to change in accordance with product availability. Please contact your kitchen manager for up-to-date menu and nutrition information.</b></p> <p>This institution is an equal opportunity provider.</p>   |  |

# THANKSGIVING BREAK



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