



November 6, 2023
December 8, 2023



Grab and Go SANDWICH
Italian Sub (28g)
Turkey Wrap (29g),
Chicken Salad wrap(31g)
Ham & Cheese Sub (28g)



Grab and Go Salads

Chef Salad (8g),
Garden Salad (14.5g), or
Caesar Salad (15g)

All Salads come with your
choice of whole grain
(Cheese Its, Goldfish,
whole grain Muffin)

All Lunches Must
Include a Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk



MON	TUES	WED	THURS	FRI
6 French Toast (43) Turkey Sausage Hash Browns (14) Apple Sauce (22)	7 Professional Day	8 Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Mandarin Oranges (17)	9 Spicy Chicken Tenders (17) w/ Dinner Roll(15) Carrot Coins (15) Pineapple Tidbits(17)	10 Grilled Cheese (31) French Fries(23) Baked Beans (19) Slice Apples (8)
13 Chicken Quesadillas (30) w/ Salsa(2) Spanish Rice (44) Steamed Corn(15)	14 Bacon Cheeseburger(37) French Fries(23) Mix Fruit (18)	15 Oven Roasted Turkey Breast w/ Gravy(6) Bread Stuffing(44) Mash Potatoes (15) Cranberry Sauce(56)	16 Chef Choice	17 Chicken & Waffle(50) Warm Cinnamon Apples (9) Steamed Carrots(4)
20 Boneless Chicken Wings(14) WG Dinner Roll(30) French Fries(14) Sliced Peaches (18)	21 Chef Choice	22 Half Day No Lunch	23 	24 
27 Chef Choice	28 Philly Cheesesteak (29) Roasted Green Peppers & Onions (8) Tato Tots(19) Steamed Carrots(4)	29 Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Pineapple (17)	30 Meatloaf w/ Mash Potatoes((15) Green Beans(3) Fruit Cocktail (16)	1 Popcorn Chicken(15)Bowl w/ Biscuit (15) Whole Kernel Corn (15) Mix Fruit (18)
4 Cheese Quesadillas (32) Refried Beans (20) Steamed Carrots (15) Fruit Cocktail (16)	5 Sweet & Sour Chicken Over Rice (33) WG Dinner Roll(15) Green Beans(3)	6 Bosco Sticks (56) Marinara Sauce (7) Mixed Vegetable (8) Pineapple (17)	7 Spicy Popcorn Chicken (17) Mash Potatoes (15) Whole Kernel Corn (15)	8 Meatball over Pasta(47) Garlic Bread((15) Steamed Broccoli (3) Apple Sauce (22)

CHICKEN:
Crispy or Spicy Chicken Sandwich (48g),
Nuggets (14g)
BURGERS: Cheeseburger (39g)
Hamburger (38g) & Veggie Burger (42g)

Apples 19g, Oranges 15g, Side Salad 6g
Monday: Fruit cocktail 18g, Fresh Broccoli 1g & Kickin' Pintos 19g or Baked Beans 19g
Tuesday: Pears 18g, Seasoned Carrots 4g & Celery Sticks 3g
Wednesday: Peaches 18g, Baby Carrots 1g & Broccoli 4g
Thursday: Pineapple 17g, Celery Sticks 3g & Green Beans 4g, or Mixed Vegetable 6g
Friday: Applesauce 14g, Baby Carrots 1g & Tater Tots 19g or Curly Fries 19g, or Corn 4g