



November 2022

ELEMENTARY LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Stacked Taco Bake 1 serving Pinto Beans ½ c Street Corn ¼ c Applesauce ½ c Assorted Fresh Fruit ½ c ALT: Fish Sandwich	2 Bacon Ranch Chicken Sandwich 1 serving Szechuan Green Beans ½ c Cucumber ¼ c Fruit Cocktail ½ c Assorted Fresh Fruit ½ c ALT: Grilled Cheese	3 Loaded Baked Potato Bar 1 ea Steamed Broccoli ½ c Mixed Vegetables ¼ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c ALT: Hamburger on a Bun	4 Freshly Made Cheese or Pepperoni Pizza Garden Salad 1 c Italian Vegetables ¼ c Mandarin Oranges ½ c Assorted Fresh Fruit ½ c ALT: Chicken Patty on Bun
7 Cheesy Baked Ziti 1 serving Peas & Carrots ½ c Celery Sticks ¼ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c ALT: Chicken Nuggets	8 National Nacho Day! Nacho Bar 1 serving Bean & Corn Salad ½ c Tomatoes ¼ c Diced Peaches ½ c Assorted Fresh Fruit ½ c ALT: Cheeseburger	9 Cuban Sandwich 1 ea Sweet Potato Fries ½ c Broccoli ¼ c Mixed Fruit ½ c Assorted Fresh Fruit ½ c ALT: Cheese Quesadilla	10 Spaghetti-Meat Sauce 1 serving Peas ½ c Baby Carrots ¼ c Applesauce ½ c Assorted Fresh Fruit ½ c ALT: Corn Dog	11 No School
14 Pancakes 2 ea with Cheesy Eggs ¼ c Tater Tots ½ c Carrots ¼ c Mandarin Oranges ½ c Assorted Fresh Fruit ½ c ALT: Chicken Nuggets	15 Baja Chicken 1 serving Cilantro Lime Rice ½ c Steamed Broccoli ¼ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c ALT: Fish Sandwich	16 Bacon BBQ Cheeseburger 1 serving Carrots ½ c Mixed Vegetables ¼ c Applesauce ½ c Assorted Fresh Fruit ½ c ALT: Grilled Cheese	17 Roast Turkey & Gravy 1 serv Mashed Potatoes ½ c Corn ¼ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c ALT: Cheese Quesadilla	18 Freshly Made Cheese or Pepperoni Pizza 1 ea Garden Salad 1 c Italian Vegetable Blend ¼ c Mixed Fruit ½ c Assorted Fresh Fruit ½ c ALT: Chicken Patty on Bun



28 French Toast Sticks 4 ea with Cheesy Eggs ¼ c Carrots ½ c Tater Tots ½ c Mandarin Oranges ½ c Assorted Fresh Fruit ½ c ALT: Chicken Nuggets	Bean & Cheese Burrito 1 ea Corn ½ c Broccoli ¼ c Pineapple Tidbits ½ c Assorted Fresh Fruit ½ c ALT: Cheeseburger	30 Chicken & Cheese Quesadilla 1 serving Roasted Sweet Potatoes ½ c Mix Vegetable Blend ¼ c Applesauce ½ c Assorted Fresh Fruit ½ c ALT: Hot Dog		
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NUTRITION BAR

Choose from a variety of fresh fruits or vegetables. ½ cup fruit option and milk included with your meal and offered daily.

For questions and comments, please email the Food Service Director at xxx@email.com or call xxx-xxx-xxxx

- BeWell Healthy Choice
- Vegetarian (Ovo-Lacto)
- Local
- Fresh Picks

This institution is an equal opportunity provider