

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star School
Lunch Provider!



November K-8 Lunch Cycle Menu



Where remarkable happens every day

Lunch Menu

**Peanut Butter &
Jelly Sandwich
Or
Sunbutter & Jelly
Sandwich
Available Daily**

**All meals include:
Fresh Fruit & Fresh
Veggies**

**Assorted Fresh Fruit
Varieties Rotated
Daily**

**Milk Choices Served
Daily:**

1% White
or 1% Chocolate
**Menu may be subject
to change.**

**Need Carbs or Allergen
Information?
Scan Below**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Stir-Fry with Fried Rice Or Crispy Chicken Caesar Salad w/Dinner Roll Stir-Fry Vegetables Baby Carrots Diced Peaches Ice Cold Milk Choice	4 Nacho Supreme/Cheese Nachos Or Combo Deli Sub Sandwich Refried Beans Sliced Cucumbers Flavored Applesauce Cup Ice Cold Milk Choice	5 OL Sausage Pizza Or Crispy Chicken Salad w/Dinner Roll Seasoned Sweet Corn Grape Tomatoes Craisins Ice Cold Milk Choice	6 Popcorn Chicken w/Cheese-Its Or Turkey Ham & Cheese Sandwich Waffle Fries Homemade Coleslaw Fresh Grapes Ice Cold Milk Choice	7 Italian Meatball Sub Or Chef Salad w/Dinner Roll Roasted Broccoli Fresh Cauliflower Diced Pears Ice Cold Milk Choice
10 Jumbo Chicken Corndog Or Turkey & Cheese Sandwich Garlic Roasted Broccoli & Cauliflower Sliced Cucumbers Chilled Mixed Fruit Ice Cold Milk Choices	11 Chicken Enchilada with Brown Rice Or Grilled Chicken Caesar Salad w/Dinner Roll Southwest Black Beans Baby Carrots Applesauce Cup Ice Cold Milk Choices	12 Mmmburger w/Cheese Or Combo Deli Sub Sandwich Seasoned Sweet Corn Homemade Coleslaw Diced Peaches Ice Cold Milk Choice	13 WG Baked Chicken Nuggets w/Goldfish Or Yogurt Fun Meal Emoticon Fries Fresh Cauliflower Fresh Bananas Ice Cold Milk Choice	14 OL Cheesy Cheese Pizza Or Turkey Ham & Cheese Sandwich Seasoned Green Beans Grape Tomatoes Chilled Pineapple Ice Cold Milk Choice
17 Chicken & Waffles Or Chef Salad w/Dinner Roll Tator Tots Celery Sticks Homemade Cinnamon Applesauce Ice Cold Milk Choice	18 Cheese Quesadilla Or Italian Sub Sandwich Refried Beans Grape Tomatoes Diced Peaches Ice Cold Milk Choice	19 WG Cheesy Mac & Cheese w/Dinner Roll Or Buffalo Chicken Salad w/Dinner Roll Brown Sugar Glazed Carrots Fresh Broccoli Florets Blueberries Ice Cold Milk Choice	20 Turkey Gravy w/Dinner Roll Or Crispy Chicken Salad w/Dinner Roll Garlic Mashed Potatoes Seasoned Green Beans Applesauce Cup Harvest Cookie Ice Cold Milk Choice	21 Chili Dog/Beef Hot Dog Or Turkey & Cheese Sandwich Roasted Parm Potatoes Sliced Cucumbers Chilled Mixed Fruit Ice Cold Milk Choice
24 Crispy/Spicy Chicken Sandwich Or Grilled Chicken Caesar Salad w/Dinner Roll BBQ Baked Beans Homemade Coleslaw Diced Peaches Ice Cold Milk Choice	25 Chicken Fajita with Spanish Rice Or Turkey Ham & Cheese Sandwich Southwest Black Beans Grape Tomatoes Cinnamon Pears Ice Cold Milk Choice	26 Thanksgiving Break No School	27 Thanksgiving Break No School	28 Thanksgiving Break No School

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