

# THE MARKET MENU

## November 2023

## Churchill Lunch

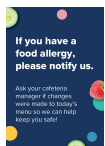
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



*Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.*

**1**

- Main Entrees
- Rotini Pasta with Chicken & Broccoli Alfredo
- Alternate Entrees
- Build Your Own Pizza Fun Lunch
- Fruit & Vegetable Bar
- Fresh Broccoli Florets
  - Red Bell Pepper Strips
  - Fresh Golden Delicious Apple
  - Fresh Raspberries
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**2**

- Main Entrees
- Strawberry Banana Smoothie
  - Bagel
  - Cream Cheese
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch
- Fruit & Vegetable Bar
- Shredded Romaine Lettuce
  - Fresh Cherry Tomatoes
  - Fresh Red and Green Seedless Grapes
  - Chilled Peaches
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**3**

- Main Entrees
- Personal Pepperoni Pizza
  - Corn
- Alternate Entrees
- Apple Cinnamon Parfait with Granola
- Fruit & Vegetable Bar
- Carrot & Celery Sticks
  - Corn & Pepper Salad
  - Chilled Diced Pears
  - Fresh Whole Apple Gala
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**6**

- Main Entrees
- Mini Maple Pancake Wraps
  - Hash Brown Patty
- Alternate Entrees
- Ham & Turkey Chef Salad
  - Bunny Graham Friends
- Fruit & Vegetable Bar
- Fresh Carrot Sticks
  - Fresh Broccoli Florets
  - Sliced Fresh Strawberries
  - Pineapple Cubes
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**7**

- Main Entrees
- Breaded Chicken Parmesan
  - Rotini Pasta
  - Roasted Green Beans
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch
- Fruit & Vegetable Bar
- Fresh Cauliflower Florets
  - Spring Mix Salad
  - Fresh Banana
  - Blueberries
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**8**

- Main Entrees
- Pork Nachos
  - Refried Vegetarian Beans
- Alternate Entrees
- Build Your Own Pizza Fun Lunch
- Fruit & Vegetable Bar
- Fresh Broccoli Florets
  - Red Bell Pepper Strips
  - Fresh Golden Delicious Apple
  - Fresh Raspberries
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**9**

- Main Entrees
- Teriyaki Chicken
  - Brown Rice
  - Sliced Carrots
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch
- Fruit & Vegetable Bar
- Shredded Romaine Lettuce
  - Fresh Cherry Tomatoes
  - Fresh Red and Green Seedless Grapes
  - Chilled Peaches
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**10**

- Main Entrees
- Cheesy Italian Pull Apart
  - Seasoned Corn
  - Marinara Sauce
- Alternate Entrees
- Apple Cinnamon Parfait with Granola
- Fruit & Vegetable Bar
- Carrot & Celery Sticks
  - Corn & Pepper Salad
  - Chilled Diced Pears
  - Fresh Whole Apple Gala
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**13**

- Main Entrees
- Classic American Cheeseburger
  - Baked Beans
- Alternate Entrees
- Ham & Turkey Chef Salad
  - Bunny Graham Friends
- Fruit & Vegetable Bar
- Fresh Carrot Sticks
  - Fresh Broccoli Florets
  - Sliced Fresh Strawberries
  - Pineapple Cubes
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**14**

- Main Entrees
- Cheese Stuffed Breadsticks
  - Marinara Sauce
  - Roasted Citrus Basil Vegetables
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch
- Fruit & Vegetable Bar
- Fresh Cauliflower Florets
  - Spring Mix Salad
  - Fresh Banana
  - Blueberries
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**15**

- Main Entrees
- Beef Nachos
  - Refried Beans
- Alternate Entrees
- Build Your Own Pizza Fun Lunch
- Fruit & Vegetable Bar
- Fresh Broccoli Florets
  - Red Bell Pepper Strips
  - Fresh Golden Delicious Apple
  - Fresh Raspberries
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**16**

- Main Entrees
- Pancakes
  - Turkey Sausage Link
  - Tater Tots
- Alternate Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch
- Fruit & Vegetable Bar
- Shredded Romaine Lettuce
  - Fresh Cherry Tomatoes
  - Fresh Red and Green Seedless Grapes
  - Chilled Peaches
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**17**

- Main Entrees
- Pepperoni Flatbread
  - Seasoned Mixed Vegetables
- Alternate Entrees
- Berry Parfait with Granola
- Fruit & Vegetable Bar
- Carrot & Celery Sticks
  - Corn & Pepper Salad
  - Chilled Diced Pears
  - Fresh Whole Apple Gala
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**20**

- Main Entrees
- Mini Turkey Corn Dogs
  - Baked Beans
- Alternate Entrees
- Ham & Turkey Chef Salad
  - Bunny Graham Friends
- Fruit & Vegetable Bar
- Fresh Carrot Sticks
  - Fresh Broccoli Florets
  - Sliced Fresh Strawberries
  - Pineapple Cubes
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**21**

- Main Entrees
- Roasted Turkey and Gravy
  - Mashed Potatoes
  - Bread Stuffing
  - Apple Crisp
- Alternate Entrees
- Cereal, Goldfish & Yogurt Fun Lunch
- Fruit & Vegetable Bar
- Fresh Cauliflower Florets
  - Spring Mix Salad
  - Fresh Banana
  - Blueberries
- Milk & Condiments
- Chocolate Low Fat Milk
  - 1% Low-fat Milk

**22**

Thanksgiving Break-No Lunch

**23**

Thanksgiving Break-No Lunch

**24**

Thanksgiving Break-No Lunch

**27**

## Main Entrees

- Sloppy Joe Meat
- Baked Tortilla Scoops
- Baked Beans

## Alternate Entrees

- Ham & Turkey Chef Salad
- Bunny Graham Friends

## Fruit &amp; Vegetable Bar

- Fresh Carrot Sticks
- Fresh Broccoli Florets
- Sliced Fresh Strawberries
- Pineapple Cubes

## Milk &amp; Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

**28**

## Main Entrees

- Scalloped Potato Casserole
- Cooked Diced Ham
- Fresh Baked Whole Grain Biscuit

## Alternate Entrees

- Cereal, Goldfish & Yogurt Fun Lunch

## Fruit &amp; Vegetable Bar

- Fresh Cauliflower Florets
- Spring Mix Salad
- Fresh Banana
- Blueberries

## Milk &amp; Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

**29**

## Main Entrees

- Hot Turkey & Cheese Sliders
- Orange Glazed Carrots

## Alternate Entrees

- Build Your Own Pizza Fun Lunch

## Fruit &amp; Vegetable Bar

- Fresh Broccoli Florets
- Red Bell Pepper Strips
- Fresh Golden Delicious Apple
- Fresh Raspberries

## Milk &amp; Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

**30**

## Main Entrees

- Whole Grain Waffles
- Chicken Tenders
- Hash Brown Patty

## Alternate Entrees

- Muffin, Pretzel, & Yogurt Fun Lunch

## Fruit &amp; Vegetable Bar

- Shredded Romaine Lettuce
- Fresh Cherry Tomatoes
- Fresh Red and Green Seedless Grapes
- Chilled Peaches

## Milk &amp; Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

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