

LUNCH

November/December 2018

Soup & Salads Offered Everyday!!

All Lunches Include a Choice of 1% White Milk
or Fat Free Chocolate Milk
Variety of Fresh Fruit Offered Everyday

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12 Protein/Grains Cheeseburger On WW Roll Vegetables w/ Lettuce & Tomato Baked Beans Fruit Fresh Pineapple	13 Protein/Grains Chicken Stir Fry Seasoned Rice Vegetables Oriental Vegetable Blend Fruit Peaches	14 Protein/Grains Turkey w/ Gravy WW Split Top Roll Stuffing Vegetables Mashed Sweet Potatoes Fruit Apple Slices	15 Protein/Grains Grilled cheese on WW Bread Vegetables Tomato Soup Fruit Fresh Mango	16 Protein/Grains Turkey Hot Dog on a WW Roll Vegetables French Fries Fruit Grapes	17
18	19 Protein/Grains Crispy Chicken Drumstick WG Biscuit Vegetables Lima Beans Fruit Pineapple	20 Protein/Grains Beef & Rice Burritos Vegetables Salsa Mexican Corn Fruit Applesauce	21 Protein/Grains Chicken Nuggets WW Baked Roll Vegetables Fresh Carrots Fruit Orange Wedges	22 Closed	23 Closed	24
25	26 Protein/Grains Chicken Nachos w/ Cheese Vegetables Black Beans Fruit Apple Slices	27 Protein/Grains Pasta w/ Meat or Red Sauce WW Breadstick Vegetables Asparagus Fruit Pears	28 Protein/Grains Chicken Nuggets Seasoned Rice Vegetables Steamed Broccoli Fruit Grapes	29 Protein/Grains Salisbury Steak w/ Gravy WW Baked Roll Vegetables Mashed Potatoes Fruit Mango	30 Protein/Grains Turkey Pepperoni Pizza Vegetables Fresh Baby Carrots Fruit Fresh Kiwi	1
2	3 Protein/Grains Chicken Patty on a WW Roll Vegetables Tomato Salad Fruit Apple Sauce	4 Protein/Grains Turkey Hot Dog on a WW Roll Vegetables French Fries Fruit Orange Wedges	5 Protein/Grains Sweet & Sour Meatballs Seasoned Rice Vegetables Broccoli Fruit Pears	6 Protein/Grains Crispy Drumstick WG Biscuit Vegetables Lima Beans Fruit Peaches	7 Protein/Grains Mac & Cheese w/ Garlic Toast Vegetables Asparagus Fruit Pineapple	8
9	10 Protein/Grains Grilled Cheese on WW Bread Vegetables Tomato Soup Fruit Pears	11 Protein/Grains Chicken Nuggets Seasoned Rice Vegetables Caesar Salad Fruit Grapes	12 Protein/Grains Chicken Nachos w/ Shredded Cheese Vegetables Refried Beans Fruit Peaches	13 Protein/Grains Baked Chicken WW Baked Roll Vegetables Masked Potatoes w/ Gravy Fruit Fresh Kiwi	14 Protein/Grains Turkey Pepperoni Pizza Vegetables Fresh Carrots & Fresh Celery Fruit Apple Slices	15
16 Alisha Tresise Food Service Administrator Alisha.Tresise@msd.edu	17 Protein/Grains Chicken Patty on a WW Roll Vegetables Fresh Broccoli Fruit Pineapple	18 Protein/Grains Pasta w/ Meat or Red Sauce WW Breadstick Vegetables Caesar Salad Fruit Peaches	19 Protein/Grains BBQ Chicken WW Roll Vegetables Baked Beans Fruit Fresh Mango	20 Protein/Grains Turkey & Cheese on WW Bread Vegetables Fresh Carrots Fruit Orange Wedges	21 Protein/Grains Corndog WW Roll Vegetables French Fries Fruit Apples	22 <i>Vegetarian Menu Available Upon Request</i>