



NOVEMBER LUNCH

DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <ul style="list-style-type: none"> ● meatless italian "sausage" calzoni ● mighty meaty deli combo sandwich ○ steamed carrots Fruit & Milk	2 <ul style="list-style-type: none"> ● rancho chicken con queso ● five cheese lasagna (v) ● turkey & cheddar sandwich ○ green peas Fruit & Milk
5 <ul style="list-style-type: none"> ● chicken bites (df) ● bbq beef flatbread melt ○ steamed corn Fruit & Milk	6 <ul style="list-style-type: none"> ● jumbo caribbean meatball & rice (df) ● ham & cheese sandwich ○ sliced cucumber Fruit & Milk	7 <ul style="list-style-type: none"> ● beef cheeseburger ● Pizza ○ lettuce & tomatoes with ranch Fruit & Milk	8 <ul style="list-style-type: none"> ● bfast for lunch: pancakes & omelet (v) ● bbq chicken & cheesy rice ○ glazed carrots Fruit & Milk	9 <ul style="list-style-type: none"> ● grilled chicken bites with bbq bean sauce (df) ● cheesy ravioli (v) ● chicken salad sandwich (df) ○ baby carrots & warm pinto beans Fruit & Milk
12 Veterans Day No School	13 <ul style="list-style-type: none"> ● holiday roast turkey lunch ● bbq vegan "beef" calzoni (df) (v) ○ broccoli and carrot salad Fruit & Milk	14 <ul style="list-style-type: none"> ● bean & cheese pupusa (v) ● Pizza ○ broccoli and carrot salad Fruit & Milk	15 <ul style="list-style-type: none"> ● bean & cheese quesadilla (v) ● the revolution dog (df) ○ baby carrots with ranch Fruit & Milk	16 <ul style="list-style-type: none"> ● rancho beef rice bake ● spaghetti marinara (v) ● mighty meaty deli combo sandwich ○ steamed corn Fruit & Milk
19 Thanksgiving Break Starts	20	21	22	23
26 <ul style="list-style-type: none"> ● cheese pizza panada pie (v) ● creamy chicken alfredo ● ham & cheese sandwich ○ celery sticks Fruit & Milk	27 <ul style="list-style-type: none"> ● the revolution dog (df) ● chili citrus drumstick and rice (df) ○ warm pinto beans & baby carrots Fruit & Milk	28 <ul style="list-style-type: none"> ● bean & cheese pupusa (v) ● oven roasted chicken sandwich (df) ○ lettuce & tomatoes with ranch Fruit & Milk	29 <ul style="list-style-type: none"> ● bfast for lunch: pancakes & chicken sausage ● five cheese lasagna (v) ○ glazed carrots Fruit & Milk	30 <ul style="list-style-type: none"> ● green chile & cheese tamale (v) ● mighty meaty deli combo sandwich ○ steamed corn Fruit & Milk