

L1 - Hot Meal
L2 - Sandwich Option
L3 - Salad Option

Meals must be preordered
by the previous Tuesday

MONDAY 11/6	TUESDAY 11/7	WEDNESDAY 11/8	THURSDAY 11/9	FRIDAY 11/10
BREAKFAST				
1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING
LUNCH - 1 c milk				
CHICKEN NUGGETS 5 WHOLE-GRAIN CHICKEN NUGGETS w/ 2 oz CHICKEN 1/2 c BROWN RICE 1/2 c SALSA (all vegetables) 1/2 c ROASTED POTATOES 1 c FRESH FRUIT KETCHUP	NO SCHOOL PARENT TEACHER CONFERENCES	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c SWEET POTATO 1 c FRESH FRUIT KETCHUP	MEXICAN RICE & BEEF TACOS 2 oz BEEF, 1/2 c BROWN RICE & 1/2 c ONION & GREEN PEPPERS 1 oz TORTILLA SCOOPS 1/2 c CELERY w/ DIP 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c CARROTS w/ DIP 1 c FRESH FRUIT
SANDWICH, BBQ Chicken, whole grain bulkie roll , Fruit & Veggie				
SALAD -Greek Salad, romain, feta, tomato, cucumber, onion, olives , roll & fruit				
11/13	11/14	11/15	11/16	11/17
BREAKFAST				
	1/2 c Whole Fruit, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL
LUNCH - 1 c milk				
NO SCHOOL VETERAN'S DAY	CHICKEN TACO 2 oz CHICKEN & SHREDDED CHEESE 1/4 c DICED TOMATOES & 1/2 c SHREDDED ROMAINE (on side) WHOLE WHEAT WRAP 1 c FRESH FRUIT	AMERICAN CHOP SUEY 2 oz BEEF & 2 oz WHOLE GRAIN ROTINI w/ TOMATO SAUCE 1 c GREEN BEANS 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c CORN 1 c FRESH FRUIT KETCHUP	SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c ZUCCHINI w/ DIP 1 c FRESH FRUIT
SANDWICH - Turkey Wrap, Whole Wheat Wrap, Fruit & Veggie				
SALAD -Southwest Salad, Romain, tomato, corn, onion, black beans, string cheese, roll & fruit				
11/20	11/21	11/22	11/23	11/24
BREAKFAST				
1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c Whole Fruit, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL		
LUNCH - 1 c milk				
HAMBURGER 2 oz HAMBURGER WHOLE WHEAT ROLL 1 c POTATO SALAD 1 c FRESH FRUIT	MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT	MEATBALL GRINDER 4 MEATBALLS (2 oz BEEF) & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT	NO SCHOOL THANKSGIVING RECESS	NO SCHOOL THANKSGIVING RECESS
SANDWICH - Chicken Salad, Whole Grain Roll, Fruit & Veggie				
SALAD - Tossed Salad w/Tuna, kale, spring mix, tomatoes, carrots, roll & fruit				
11/27	11/28	11/29	11/30	12/1
BREAKFAST				
1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c Whole Fruit, 1/2 c whole fruit 2 oz WHOLE GRAIN MUFFIN	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING	1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL
LUNCH - 1 c milk				
SWEDISH MEATBALLS 4 MEATBALLS 2 oz BEEF 1 c WHOLE GRAIN NOODLES 1 c CARROTS w/ DIP 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1/2 c SPRING MIX, 1/4 c TOMATOES & 1/4 c CUCUMBERS 1 c FRESH FRUIT	BREAKFAST FOR LUNCH 2 oz TURKEY SAUSAGE PATTY 2 WHOLE GRAIN FRENCH TOAST STICKS w/ SYRUP 1 c TATER TOTS 1 c FRESH FRUIT KETCHUP	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c RED BELL PEPPERS w/ DIP 1 c FRESH FRUIT	SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT
SANDWICH - Turkey & Swiss on Wheat Bread, fruit & veggie				
SALAD - Caprese Salad, Greens Tomatoes, Mozzarella, roll & fruit				