


NOVEMBER LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <ul style="list-style-type: none"> chicken taco trio steak fajita bowl veggie chef's salad (vg) bbq chicken wrap df option by request lettuce and tomatoes with ranch 	<p>2</p> <ul style="list-style-type: none"> chicken potstickers (df) the revolution dog (df) chicken salad sandwich (df) cheddar cheese sandwich (vg) sweet potatoes
<p>5</p> <ul style="list-style-type: none"> mac & cheese and bbq chicken bean and cheese quesadilla (vg) turkey and cheddar sandwich egg salad sandwich (df) (vg) seasoned green beans (chilled) 	<p>6</p> <ul style="list-style-type: none"> chicken teriyaki (df) chicken gumbo & cornbread hummus dippers (vg) garden ranch salad with chicken orangi carrots 	<p>7</p> <ul style="list-style-type: none"> cheesy pizza bites (vg) beef cheeseburger chicken salad sandwich (df) sesame chicken wrap (df) lettuce and tomatoes with ranch 	<p>8</p> <ul style="list-style-type: none"> cheese enchilada plate (vg) chicken bites taco dippers kit (vg) buffalo chicken wrap df option by request warm pinto beans grape tomatoes 	<p>9</p> <ul style="list-style-type: none"> crispy chicken sandwich (df) sweet garlic noodles with chicken sunny sandwich kit (sunbutter & jelly) (vg) turkey and cheddar sandwich green peas
<p>12</p> <ul style="list-style-type: none"> grilled chicken bites with bbq bean sauce (df) the revolution dog (df) chicken salad sandwich (df) cheddar cheese sandwich (vg) steamed corn 	<p>13</p> <ul style="list-style-type: none"> mongolian beef chili citrus drumstick & rice (df) mighty meaty deli combo sandwich southwest veggie wrap (vg) edamame beans (chilled) baby carrots 	<p>14</p> <ul style="list-style-type: none"> holiday roast turkey lunch (df) bbq "beef" calzoni (df)(vg) chicken caesar wrap (df) turkey and cheddar sandwich seasoned green beans (chilled) 	<p>15</p> <ul style="list-style-type: none"> cheese pizza (vg) beef cheeseburger veggie taco salad (vg) sesame chicken wrap (df) lettuce and tomatoes with ranch 	<p>16</p> <ul style="list-style-type: none"> general tso's chicken bfast for lunch: pancakes & chicken sausage garden ranch salad with chicken egg salad sandwich (vg)(df) sweet potatoes
<p>19</p> <ul style="list-style-type: none"> beef burger (df) bean and cheese quesadilla (vg) honey mustard chicken wrap chicken salad sandwich (df) steamed corn 	<p>20</p> <ul style="list-style-type: none"> crispy chicken sandwich (df) bbq meatballs & cheesy rice garden ranch salad with chicken sunny sandwich kit (sunbutter & jelly) (vg) baby carrots 	<p>21</p> <ul style="list-style-type: none"> cheesy pizza bites (vg) chicken bites turkey and cheddar sandwich egg salad sandwich (vg)(df) seasoned green beans with ranch (chilled) 	<p>HAPPY THANKSGIVING! 22</p> 	<p>23</p> <p>No School</p>
<p>26</p> <ul style="list-style-type: none"> bfast for lunch: pancakes & omelet (v) buffalo chicken pizza mighty meaty deli combo sandwich df option by request steamed corn 	<p>27</p> <ul style="list-style-type: none"> cheese pizza (vg) sunny sandwich kit(sunbutter & jelly)(vg) turkey & cheddar sandwich df option by request seasoned green beans (chilled) 	<p>28</p> <ul style="list-style-type: none"> pasta with zesty beef chicken bites bbq chicken wrap egg salad sandwich (vg)(df) seasoned garbanzo beans (cold) baby carrots 	<p>29</p> <ul style="list-style-type: none"> the revolution dog (df) chicken and chile tamale chicken pizza party salad southwest veggie wrap (vg) lettuce and tomatoes with ranch 	<p>30</p> <ul style="list-style-type: none"> oven roasted chicken sandwich (df) cheese pizza (vg) sesame chicken wrap (df) chicken salad sandwich sweet potatoes

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