


Lunch Menu (November 2020)

 Taste Our Exciting New Items!

	MON	TUE	WED	THU	FRI
	2	3	4	 5	 6
ENTRÉE	Grilled Cheese (WGR)[^]	Creamy Tomato Soup (WGR)[^]	General Tso Chicken (WGR)	Creamy Chicken & Scalloped Potatoes (WGR)[^]	Mozzarella Sticks with Marinara Sauce (WGR)[^]
VEGETARIAN	Grilled Cheese	Tomato Soup	General Tso Tofu	Creamy Scalloped Potatoes & Beans	Mozzarella Sticks with Marinara Sauce
VEGETABLE	Carrot Sticks	*Tomato, Beans, Onion	*Zucchini, Onion	*Onion	Cucumber Salad
FRUIT	Mandarins	Cantaloupe Cubes	Seasonal Fruit	Orange Slices	Fruit Medley
	9	10	11	12	13
ENTRÉE	Chicken Salad Wrap (WGR)[^]	Creamy Bean & Potato Soup (WGR)[^]	Teriyaki Chicken with Rice (WGR)	Cheesy Bean Enchilada Casserole (WGR)[^]	Marinara Mozzarella Cheese Pizza with Veggies (WGR)[^]
VEGETARIAN	Hummus Wrap	Bean Potato Soup	Tofu Teriyaki with Rice	Cheesy Bean Enchilada Casserole	Marinara Mozzarella Cheese Pizza with Veggies
VEGETABLE	*Celery, Tomato	*White Beans, Broccoli, Carrots	*Peas, Zucchini	*Diced Tomato, Onion, Black Bean	*Peppers, Onions, Spinach
FRUIT	Mandarins	Cantaloupe Cubes	Seasonal Fruit	Orange Slices	Fruit Medley
	16	 17	18	19	 20
ENTRÉE	Oven Roasted Turkey Sandwich (WGR)[^]	Baked Chicken Tenders (WGR)	Coconut Curry Chicken Vegetable with Rice (WGR)	Pasta Marinara with Veggies & Chicken Sauce (WGR)[^]	Mozzarella Sticks with Marinara Sauce (WGR)[^]
VEGETARIAN	Vegetable Hummus Sandwich	Vegan Tenders	Coconut Tofu Curry Vegetable with Rice	Pasta Marinara Veggies and Tofu Sauce	Mozzarella Sticks with Marinara Sauce
VEGETABLE	*Cucumber, Tomato	Carrot Sticks, Ketchup*	*Zucchini, Carrot	*Zucchini, Onion, Tomatoes	Cucumber Salad
FRUIT	Mandarins	Cantaloupe Cubes	Seasonal Fruit	Orange Slices	Fruit Medley
	23	24	25	26	27
ENTRÉE	Quesadilla (WGR)[^]	Creamy Broccoli & Bean Soup (WGR)[^]	Tomato Bechamel Sauce with Chicken and Rice (WGR)[^]	Thanksgiving Holiday	No School
VEGETARIAN	Quesadilla	Creamy Broccoli and Bean Soup	Creamy Beans with Rice		
VEGETABLE	Black Bean and Corn Salad	*Broccoli, Carrots, Pinto Bean	*Tomatoes, Carrots, White Sauce		
FRUIT	Mandarins	Cantaloupe Cubes	Seasonal Fruit		
	30				
ENTRÉE	Oven Roasted Chicken & Cheddar Sandwich (WGR)[^]				
VEGETARIAN	Vegetable Hummus Sandwich				
VEGETABLE	*Cucumber, Tomato				
FRUIT	Mandarins				

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup

Protein content: Meat or a bean equivalent.

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

Items marked with [^] contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich