

NOVEMBER 2016

Chattanooga Girls Leadership Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Whole Grain Fish Sticks Tartar Sauce Hush Puppies Salad Bar Potato Salad Fresh Fruit Milk	2 Sun Butter and Grape Jelly Sandwiches Or B-Y-O Sandwich Salad Bar Whole Grain Baked Chips Fresh Fruit Milk	3 Chicken Quesadilla Celery and Carrot Sticks Ranch Cup Fresh Fruit Salad Bar Milk	4 Whole Grain Breaded Crispy Chicken Nuggets Assorted Dipping Sauces Salad Bar Peas Fresh Fruit Milk
7 Whole Grain Soy butter and grape jammer Salad Bar Fresh Fruit Yogurt Parfait with Whole Grain Granola Milk	8 Whole Grain Turkey Pepperoni Stuffed Crust Pizza Salad Bar Fresh Fruit Milk	9 Whole grain ham or turkey sandwiches Salad Bar Fresh Fruit Whole Grain chips Cookie Milk	10 Grilled Chicken Patty Mac n Cheese Broccoli Salad: Broccoli Florets, Shredded carrots, golden raisins, red cabbage Whole Grain Roll Fresh Fruit Milk	11 Hamburgers Salad Bar: Spring Mix/ Spinach Carrots and Tomatoes Potato Salad Fresh Fruit
14 Whole Grain Cheese Sticks Marinara Sauce Salad Bar Fresh Fruits Milk	15 Salisbury steak Peas Scalloped Potatoes Whole Grain Roll Salad Bar: Spring Mix/Spinach Fresh Fruit Milk	16 Taco Salad Bar Spring Mix/ Spinach Fresh Salsa Black Bean Fiesta Refried Beans Sour Cream Tortilla Scoops Chips Fresh Fruit Milk	17 Mini Corndogs Sweet Potato Fries Salad Bar Fresh Fruit Milk	18 Whole Grain Cheese Pizza Salad Bar Fresh Fruit Milk
21 Baked Chicken Patty Whole Grain Roll Black Bean and Corn Salad Salad Bar Fresh Fruit Milk	22 Baked Turkey Stuffing Cranberry Sauce Mashed Potatoes Whole Grain Roll Green Beans Pumpkin Pie Milk	23 NO SCHOOL TRAVEL DAY	24 NO SCHOOL THANKSGIVING BREAK	25 NO SCHOOL THANKSGIVING BREAK
28 Whole Grain Breaded Buffalo Chicken Flatbread Celery and Carrots Sticks Salad Bar Fresh Fruit Milk	29 Whole Grain Grilled Cheese Sandwich Salad Bar Vegetable Soup Fresh Fruit Milk	30 Whole Grain Cheese Quesadilla Whole Grain Chips and Salsa Salad Bar Fresh Fruit Milk		

News

Milk Offered:
1% Unflavored Milk
0% Chocolate Milk
0% Strawberry Milk

Water is offered during Lunch time

Condiments are offered with each lunch meal:
Ketchup
Lite Mayonnaise
Mustard
Tartar Sauce
Cocktail Sauce
Barbecue Sauce
Ranch
Honey Mustard