



# NOVEMBER | 2018

## Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Chicken WGR Dinner Roll Seasoned WGR Brown Rice Diced Peaches Baked Beans Salad Bar Choice of Milk	2 Oven Baked Fish Filet WGR Deluxe Mac 'N' Cheese WGR Dinner Roll Fresh Apple Slices Salad Bar Choice of Milk
5 Beef Stir Fry WGR Brown Rice Pears Asian Vegetable Blend Salad Bar Choice of Milk	6 Choice of Chicken or Cheese Quesadilla on WGR Tortilla WGR Tortilla Chips Pineapple Chunks Salsa Salad Bar Choice of Milk	7 Hamburger on WGR Bun w/ trimmings Applesauce Baked Potato Wedges Salad Bar Choice of Milk	8 Pepperoni and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	9 Turkey & Dressing Diced Peaches Green Bean Brown Turkey Gravy Whole Grain Roll Choice of Milk
12 Spaghetti w/ WGR Pasta and Ground Beef WGR Garlic Bread Banana Apple Slices Salad Bar Choice of Milk	13 Shredded BBQ Chicken on WGR Bun Fruit Cocktail Baked Sweet Potato Fries Salad Bar Choice of Milk	14 Grilled Chicken Caesar Wrap on 10" WGR Tortilla Fresh Cantaloupe & Honeydew Chunks Green Peas Salad Bar Choice of Milk	15 Chili with Ground Turkey WGR Oyster Crackers WGR Dinner Roll Mixed Fruit Salad Bar Choice of Milk	16 WGR Chicken Biscuit Mixed Fresh Berries Seasoned Black Beans Salad Bar Choice of Milk
19 Meatball Sub w/ Marinara Sauce Steamed Cauliflower Celery Sticks Choice of Orange and Banana Choice of Milk	20 Chicken Fajita w/ 8" WGR Tortilla WGR Tortilla Chips Pineapple Chunks Mexican Style Corn Salsa Cup Salad Bar Choice of Milk	21 School Closed	22 Thanksgiving School Closed	23 School Closed
26 WGR Ziti with Ground Turkey Meat Sauce WGR Garlic Bread Banana Baby Carrot Sticks Salad Bar Choice of Milk	27 Hot Turkey and Cheese on WGR Sub Bun Sliced Kiwi and Grapes Tater Tots Salad Bar Choice of Milk	28 Pepperoni and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	29 Baked Chicken WGR Dinner Roll Seasoned WGR Brown Rice Diced Peaches Baked Beans Salad Bar Choice of Milk	30 Oven Baked Fish Filet WGR Deluxe Mac 'N' Cheese WGR Dinner Roll Fresh Apple Slices Salad Bar Choice of Milk

### News **National Gratitude Month**

#### Lunch Includes

- **Choice of 1 Entrée (includes meat/meat alternative & grain)**
- **Choice of up to 2 vegetable \***
- **Choice of up to 2 fruits \***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

\*A lunch must include ½ cup of fruit or vegetable and 2 full other components

\*Middle school students receive a maximum of 1 fruit with their lunch

#### Other Daily Lunch Entrée Options:

➤ **Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers**

➤ **Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker**