



**A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
 \*\* USDA is an equal opportunity employer & provider \*\*  
 \*\* Manager Reserves the right to substitute due to food availability \*\*

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Frito Taco  
 Or  
 Turkey & Cheese Sub  
 Salad  
 Mexican Corn  
 Spicy Pintos  
 SideKick Fruit Slush

Stuffed Crust Chz Pizza  
 Or  
 Grilled Cheese  
 Side Salad  
 Corn Cob  
 Tator Tots  
 Orange Wedges

BBQ Pork Sandwich  
 Or  
 Ham & Cheese Sandwich  
 Sliced Cucumbers  
 French Fries  
 Coleslaw  
 Banana

Chicken Parmesan  
 Or  
 Goldfish Turkey & Chz Sandwich  
 Roll  
 Green Beans  
 Buttered Corn  
 Mixed Fruit

Hamburger on Bun  
 Or  
 Chicken Salad Sandwich  
 Tater Tots  
 Side Salad  
 Grape Yogurt Parfait

Philly Cheese Steak Sub  
 Or  
 Ham & Cheese sub  
 Pinto Beans  
 Stir Fry Veggies  
 Strawberry Cups

Chicken Drumsticks  
 Or  
 Turkey & Cheese Sub  
 Roll  
 Baked Beans  
 Veggie Tray  
 Apples

Pulled Pork BBQ w/roll  
 Or  
 Grilled Cheese  
 Baked Potato  
 Corn Cob  
 Pineapple

Salisbury Steak w/Gravy  
 Or  
 Ham & Cheese Sandwich  
 Pinto Beans  
 California Veggies  
 Cornbread  
 Rosy Pears

Thanksgiving Meal  
 Turkey, Dressing, and all the sides

All other grades :  
 Meatloaf with all available sides

Thanksgiving Meal  
 Turkey, Dressing and all sides

All other grades:  
 Pork Chop with all available sides

Chicken Sliders  
 Or  
 Ham & Cheese Sub  
 Veggie Tray  
 French Fries  
 Strawberry Cups

Cheese Quesadilla  
 Or  
 Chicken Salad Sandwich  
 Sliced Cucumbers  
 Tomato Wedges  
 Curly Fries  
 Mixed Fruit

Thanksgiving Holiday

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Beef Teriyaki Bites  
 Or  
 Turkey & Cheese Sub  
 Roll  
 Mac & Cheese  
 Steamed Broccoli  
 Corn  
 Strawberry Cups

Chicken Chunks  
 Or  
 Goldfish Ham & Cheese Sandwich  
 Roll  
 Mashed Potatoes  
 Baked Beans  
 Rainbow Applesauce

Chili w/crackers  
 Or  
 Grilled Cheese  
 Tater Tots  
 Side Salad  
 Grapes

Pulled Pork BBQ Sandwich  
 Or  
 Chicken Salad sandwich  
 Veggie Tray  
 French Fries  
 Apples

