



November 2022 Lunch Menu

Child's Name: _____ Teacher _____

To order lunch, please circle the dates you wish to purchase with drink choice, fill in child's name/teacher, and return to office 5 school days before the end of the month. Prepay at the office \$5 per lunch.

*** Any food that a child has an allergy to will be substituted ***

Every day on the menu our lunches have protein, fresh fruit and vegetables. All of the pastas are whole wheat and all the breads are whole wheat.

TOTAL ORDERED: _____

TOTAL DUE \$ _____

All lunches are prepaid and non refundable.

Emergency Lunches are \$6

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast burrito Hashbrown, fresh fruit Milk Choc Aj	2 Hot-dog French fries, cooked vegies fresh fruit Milk choc Aj	3 BBQ meatballs Tater tots Fresh fruit Cooked veggies Milk Choc Aj	4 Cheese Pizza, Fresh Fruit cookie Cooked veggies Milk choc Aj
7 Baked ziti pasta Fresh fruit Cooked veggies Milk choc Aj	8 Waffles W/Syrup Scrambled eggs W//Turkey Fresh Fruit Milk choc Aj	9 Pasta chicken Salad w/ Crackers Cooked Veggies , Apple sauce Milk choc Aj	10 Chicken nuggets French fries Fresh fruit Cooked veggies Milk choc Aj	11 Cheese Pizza, Fresh Fruit Apple crisp Cooked veggies Milk choc Aj
14 Spaghetti Alfredo sauce With chicken Fresh Fruit, Veggies Milk Choc Aj	15 Home made Whole Wheat French Toast Fresh Fruit, Eggs w/ Turkey Milk Choc Aj	16 Ham and cheese sub Chips Jell-o Fresh fruit Milk Choc Aj	17 Quesadilla Beans, rice Fruit Milk Choc AJ	<u>Thanksgiving feast</u> 18 Turkey breast Corn , mashed potato Fresh fruit Milk Choc AJ
21 Mac and Cheese w/ Ham Fresh Fruit Cooked Veggies Milk Choc Aj	22 Pancakes Fresh Fruit Eggs w/Turkey Milk Choc Aj	23 <u>Sack lunch</u> Ham and cheese sandwich Fruit, treat, drink	24 <u>School closed</u> <u>Happy Thanksgiving</u>	25 <u>School closed</u>
28 Pasta w/ meat balls And marinara sauce Fresh fruit, cooked veggies Milk Choc Aj	29 Ham and cheese omelet Hashbrown, fresh fruit Milk choc Aj	30 Corn dog French fries, cooked veggie Fresh fruit Milk Choc Aj		

