

November 2021 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Teacher Professional Development	2 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) cucumbers(1/4c) 1% milk (3/4c)	3 taco salad (1oz grnd beef, ½ oz cheese, ¼ cup lettuce 7 cabbage) oranges (1/4c) slice of wheat bread 1% milk (3/4c)	4 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c))	5 sloppy joes (1/2 c meat sauce & bun) peaches(1/4 c) broccoli (1/4 c) 1% milk (3/4
8 grilled cheese sandwiches wg bread applesauce (1/4c) cucumbers(1/4c) 1% milk (3/4c)	9 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) green beans (1/4 1% milk (3/4 c	10 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	11 Holiday No school	12 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c)
15 PB&J Sandwiches (2 sl wg bread & 1.5o pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C	16 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	17 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4c) broccoli (1/4c) 1% milk (3/4c)	18 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	19 chicken sandwich (1.5oz) Pears (1/4c) Green beans (1/4c) 1% milk (3/4c)
22 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) cucumbers (1/4c) 1% milk (3/4c)	23 roast turkey & gravy (2.25oz meat) Hapa rice & Stuffing (1/2 c each) pears (1/4c) corn (1/4c) 1% milk (3/4c)	24 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) green beans (1/4 c) 1% milk (3/4 c)	25 Holiday No School	26 Holiday No School
29 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) cucumbers(1/4c) 1% milk (3/4c)	30 pork & beans (1/2c) Hapa rice (1/2 c) pears (1/4c) Green beans (1/4c) 1% milk (3/4c)			

This menu is subject to change based upon the availability of products.
Rice is hapa ½ white ½ brown
Infant Toddler substitutions made

AM snack: ½ cup oranges, ¼ cup cheerios & crackers

PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers

