

# November 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 PT Conferences IT LUNCH mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	2 chicken nuggets (4 pieces) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/4 c)	3 Hamburger (1.5oz) on bun Pears (1/4c) Peas & carrots (1/4c) 1% milk (3/4c)
6 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches ( 1/4c) carrots (1/4c) 1% milk (3/4c)	7 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	8 sloppy joes (1/2 c meat sauce & bun) pears(1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c)	9 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/4 c)	10 School Closed Veteran's Day
13 PB&J Sandwiches (2 sl wg bread & 1.5o pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C)	14 pork & beans (1/2c) Hapa rice (1/2 c) pears (1/4c) Peas & carrots (1/4c) 1% milk (3/4c)	15 13 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	16 taco salad (1oz beef, ½ oz cheese, 1/4c lettuce & cabbage) Peaches (1/4c) slice of wheat bread 1% milk (3/4c)	17 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)
20 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce ( 1/4c) carrots(1/4c) 1% milk (3/4c)	21 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)	22 Thanksgiving Lunch: Roast turkey & gravy (2.25oz meat) Hapa rice & stuffing (1/2 c) cranberry (1/4c) corn (1/4c) 1% milk (3/4c)	23 School Closed Thanksgiving	24 School Closed Thanksgiving
27 ham sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce ( 1/4c) cucumbers(1/4c) 1% milk (3/4c)	28 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c)	29 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	30 taco casserole (1.5oz) Hapa rice (1/2 c) Broccoli (1/4 c) applesauce(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