Lunch/Supper Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**

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| **C:\Users\johnna\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2D6A5798.tmp** | **1****Cheese Pizza – 2 slices****Vegetable Juice – 4 fl. oz.****Apple – 1 each (FR)****Skim Milk—8 fl. oz.** |
| **4****Buffalo Chicken Sandwich – 2 oz.****WG Wheat Bun – 1 each****Baked Potato – 1 each (FR)****Grapes– ½ cup (FR)****Skim Milk—8 fl. oz.** | **5****WG Spaghetti – ½ cup****Beef Meat Sauce – ½ cup****Broccoli & Cheese – ½ cup (FZ)****Pineapple – 4 oz. (FR)****Skim Milk – 8 fl. Oz** | **6****Lemon Pepper Chicken - 1 thigh****WG Brown Rice - ½ cup** **Tomato Cucumber Salad – ½ Cup (FR)****Banana - 1 Each (FR)****Skim Milk – 8 fl. Oz.** | **7****Chicken Queso—4 oz.** **WG Tortilla Chips—1 oz.** **Corn—1/2 cup (FZ)** **Watermelon—4 oz. (FR)** **Skim Milk—8 fl. oz.** | **8****Meatball Sub—2 oz.** **WG Bun—1 each** **Broccoli & Cheese—1/2 cup (FZ)** **Pineapple – 4 oz. (FR)** **Skim Milk—8 fl. oz.** |
| **11****Beef Nacho’s – 3 oz.****Tortilla Chips – 1 oz.****Lettuce/Tomato Salad – 1 cup (FR)****Orange – 1 each (FR)****Skim Milk – 8 fl. Oz.** | **12****Fried Chicken – 3 oz.****Mac N Cheese – 3 oz.****Corn – ½ c. (FZ)****Grapes – ½ cup (FR)****Skim Milk—8 fl. oz.** | **13****Cheeseburger—2 oz.** **WG Bun—1 each** **Roasted Potatoes—1/2 cup (FR)** **Pineapple – 4 oz. (FR)** **Skim Milk—8 fl. oz.** | **14****Beef Soft Tacos—2 oz.****WG Tortilla—2 each****Lettuce/Tomato Salad—1 cup (FR)****Watermelon—1/2 cup (FR)****Skim Milk—8 fl. oz.** | **15****BBQ Chicken—1 thigh****WG Honey Roll—1 each****Green Beans— ½ c (FZ)****Cantaloupe—4 oz. (FR)****Skim Milk—8 fl. oz.** |
| **18****Pulled BBQ Chicken—2 oz.****Wheat Bun—1 serving****Baked Potato—1 each (FR)****Apple—1 each (FR)****Skim Milk—8 fl. oz.** | **19****Chicken Soft Tacos—2 oz.****WG Tortilla—1 serving****Lettuce/Tomato Salad—1 cup (FR)****Pineapple—4 oz. (FR)****Skim Milk—8 fl. oz.** | **20****Grilled Chicken Salad -** **chicken 2 oz., salad 1 cup (FR)****WG Roll—1 each****Grapes—1/2 cup (FR)****Skim Milk—8 fl. oz.** | **KIDS CAFÉ THANKSGIVING****Turkey – 2 oz.****WG Roll – 1 each****Green Beans – ½ cup****Mashed Potatoes – ½ cup****Skim Milk -8 fl. oz.****Apple, Pumpkin or Chocolate Pie - 1 pc each** | **22****Beef Tacos – 2 oz.** **WG Shells – 2 each****Tomato/Lettuce- ½ cup (FR)****Watermelon – 4 oz. (FR)****Skim Milk – 8 fl. Oz.** |
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| **25****Buffalo Chicken Sandwich – 2 oz.****WG Wheat Bun – 1 each****Baked Potato – 1 each (FR)****Grapes – ½ cup. (FR)****Skim Milk—8 fl. oz.** | **26****WG Spaghetti – ½ cup****Beef Meat Sauce – ½ cup****Broccoli & Cheese – ½ cup (FZ)****Pineapple – 4 oz. (FR)****Skim Milk – 8 fl. Oz** | **27****Lemon Pepper Chicken - 1 thigh****WG Brown Rice - ½ cup** **Tomato Cucumber Salad – ½ Cup (FR)****Banana - 1 Each (FR)****Skim Milk – 8 fl. Oz.** | Image result for november clipart |

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