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.** |
| |  |  |  |  | | --- | --- | --- | --- | | **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 | | | | | |