



SMART LUNCHES®

11/4	11/5	11/6	11/7	11/8
Entrée: Grilled Chicken Parm w/ Whole Wheat Rotini Restricted Diet: Pasta Bake Sides Peas/Peaches	Entrée: Mac & Cheese Restricted: Grilled Chicken & Goldfish Sides Diced Pineapple/Zucchini	Entrée: Cheesy Frittata w/ Whole Wheat Pita Restricted Diet: Fish Sticks Sides Seasonal Melon/Green Beans	Entrée: Chicken Casserole Restricted Diet: Sunbutter & Jelly w/ Yogurt, Cucumbers & Applesauce Sides Diced Mango/Cauliflower	Entrée: Lentil Chickpea Curry w/Whole Grain Rice Restricted Diet: Chicken Nugget Bowl Sides Maple Glazed Carrots/Applesauce
11/11	11/12	11/13	11/14	11/15
Entrée: Cheese Pizza Restricted Diet: Tomato Pie Sides Fresh Fruit	Entrée: Beef Teriyaki Restricted Diet: Mac & Cheese Sides Mashed Sweet Potatoes/Orange Wedges	Entrée: Pasta w/ Meat Sauce Restricted Diet: Lentil Chickpea Curry w/ Apple Mango Chutney Sides Zucchini/Peaches	Entrée: Veggie Fried Rice w/ Edamame Restricted Diet: Chicken Nuggets w/ Rice Sides Banana/Sweet Corn	Entrée: Cheese Pizza Restricted Diet: Tomato Pie Sides Fresh Fruit
11/18	11/19	11/20	11/21	11/22
Entrée: BBQ Chicken w/ Whole Grain Rotini Restricted Diet: Pasta Bake Sides Applesauce/Peas	Entrée: Veggie Teriyaki Noodles Restricted Diet: Pizza Bread Sides Seasonal Melon/Cauliflower	Entrée: Curry Chicken & Veggies Restricted Diet: Chicken Nuggets w/ Rice Sides Diced Mango/Green Beans	Entrée: Pasta w/ Meat Sauce Restricted Diet: Mac & Cheese Sides Orange Wedges/Peas & Carrots	Entrée: Cheese Pizza Restricted Diet: Tomato Pie Sides Fresh Fruit
11/25	11/26	11/27	11/28	11/29
Entrée: Grilled Chicken w/ Whole Grain Blend Restricted Diet: Sunbutter & Jelly w/ Yogurt, Cucumbers & Applesauce Sides Diced Pineapple/Sweet Corn	Entrée: Beef Noodle Casserole Restricted Diet: Pizza Bread Sides Orange Wedges/Peas	Entrée: Cheese Pizza Restricted Diet: Tomato Pie Sides Fresh Fruit	THANKSGIVING BREAK	THANKSGIVING BREAK