

# November Lunch MENU 2021

**\*WF= Wheat Free DF= Dairy Free EF= Egg Free WW/WG= Whole Grain BF= Beef Free**

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <b>1 *CONTAINS SEASME</b><br>Chicken nuggets w/ww pita ( <b>DF, EF</b> )<br>Mexican rice & beans ( <b>WF, EF, DF</b> )<br>Pineapple/Peas<br>Whole/or 1% Milk  | 2 Turkey Chili w/ WW Tortilla ( <b>EF, DF</b> )<br>Fiesta tofu w/ wg rice ( <b>WF, EF, DF</b> )<br>Green beans/ Mango<br>Whole/or 1% Milk     | 3 Mac & Cheese w/ WG Biscuit<br>Turkey Spanish Rice ( <b>WF, DF, EF</b> )<br>Baked beans/Oranges<br>Whole/or 1% Milk  | <b>4</b><br>Chicken fajitas w/ ww tortilla ( <b>EF</b> )<br>Vegetarian chili w/wg ( <b>WF, DF, EF</b> )<br>Bananas/ Carrots<br>Whole/or 1% Milk                        | 5<br>Pizza crust, cheese, and tomato sauce<br>Fruit/Veg<br>Whole/or 1% Milk  |
| <b>8 *CONTAINS SEASME</b><br>BBQ chicken w/ww pita ( <b>EF, DF</b> )<br>Pasta bake w/ ww rotini ( <b>EF</b> )<br>Turkey chili w/wg rice ( <b>EF, WF, DF</b> )<br>Pears /Carrots<br>Whole/or 1% Milk | 9 Grilled chicken parm w/ww ( <b>EF</b> )<br>Lentil Bolognese w/ wg rotini ( <b>EF, WF, DF</b> )<br>Pineapple/ Veg medley<br>Whole/or 1% Milk | 10 Chicken and Waffles<br>Veggie Nuggets w/ WG Rice<br>Mexican rice & beans ( <b>WF, EF, DF</b> )<br>Apple sauce/ Sweet Potatoes<br>Whole/or 1% Milk  | 11 Turkey Tacos ( <b>EF</b> )<br>Zucchini parm ( <b>EF</b> )<br>Chicken with WG rice ( <b>WF, DF, EF</b> )<br>Sweet Corn/Oranges<br>Whole/ or 1% Milk                  | 12 Pizza crust, cheese, and tomato sauce<br>Fruit/Veg<br>Whole/or 1% Milk    |
| 15 Mac & Cheese w/ WG Biscuit<br>Mexican Turkey w/ WG Rice ( <b>EF, WF, DF</b> )<br>Green beans/ Peaches<br>Whole/or 1% Milk  | 16<br>Chicken fried rice ( <b>WF, DF, EF</b> )<br>Mexican rice & beans ( <b>WF, EF, DF</b> )<br>Pears/ Cucumbers<br>Whole/or 1% Milk          | 17<br>Pasta bake w/ ww rotini ( <b>EF</b> )<br>Fiesta chicken & wg rice ( <b>WF, EF, DF</b> )<br>Pineapple/ Sweet Potatoes<br>Whole/or 1% Milk  | <b>18*CONTAINS SEASME</b><br>Chicken nuggets w/ww pita ( <b>DF, EF</b> )<br>Warm cheesy refried bean dip w/ww pita ( <b>EF</b> )<br>Banana/Carrots<br>Whole/or 1% Milk | 19<br>Pizza crust, cheese, and tomato sauce<br>Fruit/Veg<br>Whole/or 1% Milk |
| 22<br>WG Pizza Bread Sticks ( <b>EF</b> )<br>Turkey chili w/wg rice ( <b>EF, WF, DF</b> )<br>Pineapple /Pea & Carrots<br>Whole/or 1% Milk   | 23 Pasta bake w/ ww rotini ( <b>EF</b> )<br>Turkey Spanish Rice ( <b>WF, DF, EF</b> )<br>Green Beans/Mangos<br>Whole/ or 1% Milk              | 24 Chicken and Biscuits w/ Gravy and Cranberry Sauce ( <b>EF</b> )<br>Veggie Sausage Pasta Bake ( <b>EF</b> )<br>Mexican rice & beans ( <b>WF, EF, DF</b> )<br>Peaches/ Veg Medley<br>Whole/ or 1% Milk | <b>Thanksgiving Closed!</b>  | <b>Thanksgiving Closed!</b>  |
| 29 Chicken nuggets w wg biscuit ( <b>EF</b> )<br>Veggie teriyaki noodles ( <b>EF</b> )<br>Chicken with WG rice ( <b>EF, WF, DF</b> )<br>Veg Baked Beans/ Pears<br>Whole/or 1% Milk                  | 30 Fish Stick Taco ( <b>EF</b> )<br>Veggie fried rice ( <b>WF, DF</b> )<br>Pineapple/ Peas<br>Whole/ or 1% Milk                               |   |  |  |