

# November Lunch Menu 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1. WG Chicken Nuggets (EF, DF) Pasta bake w/ww rotini (EF) Mexican Turkey w/wg rice (WF, EF,DF)</p> <p>Green Beans/Oranges Whole/ or 1% Milk</p>	<p>2. Herb chicken w/WG rice (WF,EF,DF) Cheesy Eggs and potatoes w/ww bread</p> <p>Bananas/ Carrots Whole/ or 1% Milk</p>	<p>3. Chicken Fried rice (EF, WF,DF) Veggie Pasta Salad (EF)</p> <p>Applesauce/Cucumbers Whole/ or 1% Milk</p>	<p>4. Pizza crust, cheese, and tomato sauce Applesauce/Carrots</p> <p>Whole/ or 1% Milk</p>
<p>7. BBQ Chicken w/ww Bread(EF DF) Veggie Sausage Pasta (EF)</p> <p>Carrots/ Applesauce Whole/ or 1% Milk.</p>	<p>8. Sweet and sour turkey w/wg rice (WF,EF,DF) Baked beans and veggie sausage w/ww Bread ( EF DF)</p> <p>Carrots/ Applesauce Whole/ or 1% Milk</p>	<p>9. Chicken Enchilada bake w/wg rice (EF) Sweet and Sour Turkey w/wg rice (WF,EF,DF) Zucchini Parm (EF)</p> <p>Baked Beans/Pears Whole/ or 1% Milk</p>	<p>10. Pasta w/ meat sauce (EF, DF) Mexican Rice and Beans (WF,EF,DF) Veggie Sausage hash w/ww bread (EF)</p> <p>Banana/ Peas Whole/ or 1% Milk</p>	<p>11. Pizza crust, cheese, and tomato sauce Applesauce/Carrots</p> <p>Whole/ or 1% Milk</p>
<p>14. Turkey Chili w/wg rice (EF,DF,WF) Pasta Bake w/ww rotini (WF,EF,DF)</p> <p>Apple/Peas and Carrots Whole/ or 1% Milk</p>	<p>15. WG Chicken Nuggets (EF, DF) Bean and Cheese Taco w/wg rice (EF)</p> <p>Oranges /Cucumbers Whole/ or 1% Milk</p>	<p>16. Turkey Spanish Rice (WF,EF,DF) Veggie fried rice (WF,DF)</p> <p>Green Beans/ Pears Whole/ or 1% Milk</p>	<p>17. WG Waffles and Eggs Chicken Curry w/WG rice (WF,EF,DF)</p> <p>Banana/ Peas Whole/ or 1% Milk</p>	<p>18. Pizza crust, cheese, and tomato sauce Applesauce/Carrots</p> <p>Whole/ or 1% Milk</p>
<p>21. Cheesy Eggs and potatoes w/ww bread Turkey Spanish Rice (WF,EF,DF)</p> <p>Baked Beans/Pears Whole/ or 1% Milk</p>	<p>22. Fiesta Chicken w/wg rice (WF,EF,DF) BBQ tofu w/wg rice (EF, DF)</p> <p>Oranges/Carrots Whole/ or 1% Milk</p>	<p>23. Open Face Ground Turkey Sandwich (EF) Sweet and Sour Turkey w/wg rice (WF,EF,DF)</p> <p>Apples/Sweet Potato Whole/ or 1% Milk</p>	<p>24. <b>PIC CLOSED THANKSGIVING BREAK</b></p>	<p>25. <b>PIC CLOSED THANKSGIVING BREAK</b></p>
<p>28. Turkey Tacos (EF) Vegetarian chili w/wg rice (WF,EF,DF) WG Chicken Nuggets (EF, DF)</p> <p>Applesauce/Peas and Carrots Whole/ or 1% Milk</p>	<p>29. Pasta Bake w/ww rotini (EF) Chicken Curry w/wg rice (WF,EF,DF)</p> <p>Green Beans /Pears Whole/ or 1% Milk</p>	<p>30. Chicken and Gravy w/ww bread (EF, DF) Cheesy Eggs and potatoes w/ww bread</p> <p>Green Beans /Pears Whole/ or 1% Milk</p>		

