



November

500 Calorie – Lunch Menu



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

- Students may choose between the main entrée or an alternate. (deli sandwich or peanut butter and jelly sandwich)
- A choice of milk will be offered at each meal service. (1% , Skim milk, or Fat Free Chocolate Milk)
- Fresh Fruit is offered at every meal.

1

Pork BBQ
Purple Bacon Slaw
Potato Wedges
Garden Bar

2

Chicken Salad Sandwich
French Fries
Crackers
Salad Bar w/Eggs

3

Pot Roast w/Potatoes & Carrots
Green Beans
Fresh Fruit

4

Ranch Style Pork Chops
Sweet Potato
Broccoli & Cauliflower
Fruit

5

BBQ Chicken Breast
California Blend
Rice Pilaf
Side Salad

6

Turkey Burger (WW Bun)
Carrot & Celery Sticks
Cole Slaw
Skim Milk (1 Only)

7

BBQ Chicken Breast
Cole Slaw
Side Salad
Fruit

8

Pork Loin
Broccoli
Brown Rice
Crackers
Salad Bar w/Eggs

9

Hamburger
Green Beans
Tossed Salad

10

Buffalo Chicken Flatbread
Tropical Fruit
Roasted Vegetables
Tartar Sauce
Garden Bar

11

Chicken Patty (WW Bun)
Spring Vegetable Blend
Tossed Salad
Skim Milk (1 Only)

12

Meatballs (4)
Carrots
Baked Potato
Butter
Skim Milk (1 Only)

13

Fish Sandwich
Corn
Tossed Salad
Skim Milk (1 Only)

14

Chicken w/Alfredo Sauce (No Pasta)
Broccoli
Fruit
Mozzarella Cheese
Skim Milk (1 Only)

15

Spaghetti w/Spicy Turkey Meat Sauce
Broccoli
Tossed Salad
Skim Milk (1 Only)

16

Pork Loin
Mashed Potatoes
Green Beans
Side Salad
Fresh Fruit
Skim Milk (1 Only)

17

Coconut Curry Chicken
Sautéed Green Beans
Side Salad
Fresh Fruit

18

Turkey & Swiss (WW Bread)
Baby Carrots
Peaches
Skim Milk (1 Only)

19

Hamburger (No Bun)
Roasted Vegetables
Fresh Fruit

20

Cheese Pizza
Spring Vegetable Blend
Side Salad
Fresh Fruit
Skim Milk (1 Only)

21

Beef Taco
Fresh Fruit
California Blend
Skim Milk (1 Only)

22

Grilled Chicken Breast
Cabbage Sauté
Side Salad
Skim Milk (1 Only)

23

Philly Cheesesteak Sandwich
Baby Carrots
Side Salad

24

Grilled Cheese
Broccoli & Cauliflower
Roasted Roots

25

Turkey BLT
Rainbow Rice
Skim Milk (1 Only)

26

Chicken Nuggets
Creamed Spinach
Side Salad
Roasted Potatoes

27

Tacos
Refried Beans
Tomato Salsa
Side Salad
Skim Milk (1 Only)

28

Herbed Turkey Breast
Mashed Potatoes (No Gravy)
Roasted Roots
Side Salad
Skim Milk (1 Only)

29

Chicken Nachos
Confetti Corn & Beans
Apple Crisp
Tossed Salad
Fresh Fruit

30

Baked Ham
Mashed Potatoes (No Gravy)
Peas & Carrots
Side Salad
Skim Milk (1 Only)