

## Regular Lunch Menu (November 2023)



	MON	TUE	WED	THU	FRI
			1	2 🍌	3
ENTRÉE			Teriyaki Chicken & Rice (WGR)	Pasta Primavera with Nuggets (WGR)	Veggie Burrito Bowl (WGR)^
VEGETARIAN			Teriyaki Tofu & Rice	Vegan Pasta Primavera	Veggie Burrito Bowl
VEGETABLE			Bell Pepper, Onion	Bell Pepper, Onion, Tomato	Corn, Tomato, Black Beans, Onion
FRUIT			Banana	Mandarin	Melon
	6	7 🍌	8	9	10
ENTRÉE	Chicken Noodle Soup (WGR)	Boneless BBQ Chicken Thigh with Corn Bread (WGR)^	Pasta with Turkey Meatball (WGR)^	Orange Chicken & Rice (WGR)^	Sun Butter Jelly Sandwich (WGR)
VEGETARIAN	Vegan Noodle Soup	Vegan Baked Beans	Veggie Pasta Marinara with Cheese	Orange Tofu & Rice	Sun Butter Jelly Sandwich
VEGETABLE	*Onion, Carrots, Parsley	Corn	Broccoli	*Vegetable Medley	Baby Carrot
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	13 🍌	14	15	16	17
ENTRÉE	Broccoli Chicken with Rice (WGR)^	Penne Pasta with Marinara Sauce and Cheese (WGR)	Gen Tso Chicken & Rice (WGR)	Chicken Burrito Bowl (WGR)^	Creamy Tuscan Chicken Pasta (WGR)^
VEGETARIAN	Tofu Broccoli	Penne Pasta with Marinara Sauce and Cheese	Gen Tso Tofu & Rice	Veggie Burrito Bowl	Creamy Tuscan Pasta
VEGETABLE	Broccoli	Tomato, Onion, Carrot	Vegetable Medley	Corn, Tomato, Black Bean, Onion	*Cannellini Beans, Bell Pepper
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	20	21	22	23	24
ENTRÉE	Creamy Tomato Mac & Cheese (WGR)^	Chicken Noodle Soup (WGR)^	Butter Chicken with Pasta (WGR)^	<b>THANKSGIVING</b>	Sun Butter Jelly Sandwich (WGR)
VEGETARIAN	Creamy Tomato Mac & Cheese	Vegan Noodle Soup	Vegan Jambalaya		Sun Butter Jelly Sandwich
VEGETABLE	Bell Pepper, Onion	*Onion, Carrots, Parsley	*Vegetable Medley		Baby Carrot
FRUIT	Apple	Sliced Oranges	Banana		Apple
	27	28	29	30	
ENTRÉE	Thai Basil Fried Rice (WGR)^	Creamy Alfredo Pasta (WGR)^	Japanese Curry Chicken with Rice (WGR)^	Beef Chili with Crackers (WGR)^	
VEGETARIAN	Thai Basil Tofu Fried Rice	Alfredo Pasta	Vegan Curry	White Bean Veggie Chili	
VEGETABLE	Peas and Carrots	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Onion, Corn, Carrot, Tomato	
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	

**Pre-School Serving Sizes**

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

**Grade - High School Serving Sizes**

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

**Dairy Free (DF) Gluten Free (GF) Soy Free (SF)**

**Veggie inside entree marked with (\*)**

**Items marked with ^ contain Allergens. See ingredient list for detail**

**The main grain component in each meal are "WGR" - Whole Grain Rich**