


November 2022 School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 Bean & Cheese Chalupa or Turkey Lunch Kit Garden Salad Cookie Pear 100% Fruit Juice Milk	2 Double Dog or Yogurt & Granola Tator Tots Celery Tangerine 100% Fruit Juice Milk	3 Pork Camita Nachos or Soy Butter Sandwich Pinto Beans Apple 100% Fruit Juice Milk	4 Cheeseburger or Turkey Sandwich Potato Wedges Orange 100% Fruit Juice Milk	Cal 602 T.Fat 16.77 G Sodm 797.63 Mg TARGET NUMBERS for K-5 Cal: 550-850 Sat. Fat: <10% Sodium: < 935 mg no trans fat in our menu items
7 Grilled Cheese or Turkey Sandwich Baked Beans Celery Apple 100% Fruit Juice Milk	8 Chicken Drumstick or Turkey Lunch Kit w/ Corn Bread Deli Roasters Apple Slices 100% Fruit Juice Milk	9 Bean & Cheese Burrito or Yogurt & Granola Garden Salad Salsa Cup Peach 100% Fruit Juice Milk	10 Staff Development Day No School	11  HAPPY VETERANS DAY HONORING ALL WHO SERVED	Cal 565 T.Fat 14.91 G Sodm 831.26 Mg
14 Cheese Pizza Wedge or Turkey Sandwich Green Beans Apple 100% Fruit Juice Milk	15 Tostitos Walking Taco or Turkey Lunch Kit Pinto Beans Pear 100% Fruit Juice Milk	16 Chicken Egg Roll Vegetable Fried Rice or Yogurt & Granola Broccoli Apple Slices 100% Fruit Juice Milk	17 Chicken Tenders or Soy Butter Sandwich Cheez-it Crackers Corn Kiwi 100% Fruit Juice Milk	18 Cheese Lasagna Rollup or Turkey Sandwich Garden Salad Turkey Cookie Orange 100% Fruit Juice Milk	Cal 592 T.Fat 13.68 G Sodm 837.00 Mg
Thanksgiving Break No Meal Service November 21-25 Wishing Everyone a Safe and Happy Holiday!			<p>1 <u>For a reimbursable meal students must take 3 out of the 5 groups</u> Meat/Meat Alternative, Grain, Vegetable or Fruit, and Milk <i>1 (one) must be a Fruit or Vegetable.</i></p> <ul style="list-style-type: none"> • <u>Milk Options:</u> Flavored or Unflavored Low-Fat 1(%) or Nonfat Milk. • <u>Fresh Fruit:</u> Apple, Apple Slices, Pear, Peach, Nectarine, Orange. • All served with whole grain. 		
28 Pepperoni Pizza Wedge or Turkey Sandwich Green Beans Apple 100% Fruit Juice Milk	29 Chili Cheese Dog or Turkey Lunch Kit Corn Pear 100% Fruit Juice Milk	30 Chicken Tamale or Yogurt & Granola Pinto Beans Celery Tangerine 100% Fruit Juice Milk			Cal 601 T.Fat 17.66 G Sodm 931.44 Mg