



Lunch Choice #3
Yogurt Lunch
2 Proteins, 2 Whole Grains, Fruits
Vegetables and Choice of Milk



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Pepperoni or Cheese **2**
 Domino's Pizza or
 Grilled Chicken Breast on WG Bun
 or Yogurt Lunch
 Cool Ranch Roasted Chickpeas
 Baby Carrots/ Apple /Orange
 Choice of Milk

Pepperoni or Cheese **9**
 Domino's Pizza or
 Grilled Cheese Sandwich
 or Yogurt Lunch
 Steamed Vegetables
 Peaches or Apple and Milk

Pepperoni or Cheese **16**
 Domino's Pizza or
 Turkey Lunch Kit or Yogurt Lunch
 Baby Carrots
 Peaches and Applesauce
 Choice of Milk

Pepperoni or Cheese **23**
 Domino's Pizza or
 Sloppy Joe in WG Bun
 or Yogurt Lunch
 Carrot Coins
 Pear and Orange

Pepperoni or Cheese **30**
 Domino's Pizza or
 BBQ Rib Patty or Yogurt Lunch
 Smile Fries
 Applesauce cup or Orange
 Choice of Milk

Tuesday

Taco Salad or **3**
 Pasty with 2 String
 Cheese WG Roll and WG
 Crackers or Yogurt Lunch
 Peaches /Fresh Apple
 Choice of Milk

Sloppy Joe on WG Bun or **10**
 WG French Toast Sticks
 w/syrup Cup, Egg Patty and
 Sausage Link or Yogurt Lunch
 Potato Smiles and Pears
 Fresh Orange and Choice of Milk

Chicken Fajita or Beef Taco **17**
 Both on WG Soft Flout Shells or
 Yogurt Lunch Refried Beans
 Shredded Cheddar Cheese
 Lettuce and Diced Tomato
 Pears, Orange and Milk

BBQ Grilled Chicken Breas **24**
 Or Cheese Burger both
 WG Hamburger Bun
 or Yogurt Lunch Curly Fries
 Fruit Cocktail / Fresh Apple
 Choice of Milk



Wednesday

Pepperoni or Cheese **4**
 Domino's Pizza or Breaded
 Drumstick w/WG Roll or
 Yogurt Lunch
 Broccoli Buds
 Pears/ Fresh Orange
 Choice of Milk

BBQ Rib Patty or **11**
 WG Breaded Chicken Patty
 on WG Bun or Yogurt Lunch
 Baked Beans
 Sliced Peaches or Fresh Apple
 Choice of Milk

Pepperoni or Cheese **18**
 Domino's Pizza or
 Grilled Chicken Breast on WG Bun
 or Yogurt Lunch
 Cucumber Slices
 Fruit Cocktail, Apple and Milk



**Available with
 every meal**
Skim or 1% Chocolate Milk
Chilled Water
 Menu subject to change due to
 availability of product.

Thursday

WG Chicken Tenders or **5**
 Hamburger on WG Bun or
 Yogurt Lunch French Fries
 Peaches / Fresh Apple
 Choice of Milk

Macaroni and Cheese or **12**
 WG Peanut butter and Jelly
 Sandwich or Yogurt Lunch
 Broccoli Buds
 Strawberry Cup or Fresh Orange
 Choice of Milk

Diced Turkey in Gravy or **19**
 Baked Ham WG Dinner Rolls
 Mashed Potatoes & Gravy or Yog
 Buttered Corn Capital Crackers
 Cranberries & Fresh Orange
 Pumpkin Pie and Choice of Milk

**Happy
 Thanksgiving
 Day!!** **26**



Friday

Beef Lasagna **6**
 w/WG Garlic Bread or
 WG Corn Dog or Yogurt Lunch
 Steamed Vegetables
 Applesauce Cup / Fresh Orange
 Choice of Milk

WG Corn Dog **13**
 or Pizza Calzone or Yogurt Lunch
 French Fries
 Baby carrots
 Pear / Fresh Apple
 Choice of Milk

Bosco Cheese Sticks **20**
 w/Marinara Sauce or
 WG Macaroni and Cheese
 w/ Scooby Doo Crackers or
 Yogurt Lunch
 Steamed Vegetables
 Strawberry Cup, Apple & Milk

Thanksgiving **27**
 Break