

Monday



Choose one of the following: **4**

BBQ Chicken w/ WG Biscuit

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Carrots, Green beans, Milk, Juice, & Fruit

Tuesday

Choose one of the following: **5**

Chili w/ Corn Bread, American Sub,

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Cumin Broccoli, Milk, Juice, & Fruit

Wednesday

Choose one of the following: **6**

Cheeseburger w/ toppings

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Baked Beans, Milk, Juice, & Fruit

Thursday

Choose one of the following: **7**

Chicken n' Noodles w/ WG Slider

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Corn, Tomatoes, Milk, Juice, & Fruit

Friday

Choose one of the following: **8**

Pizza: Cheese or Pepperoni,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat

Sides: Caesar Salad, Milk, Juice, & Fruit

Choose one of the following: **9**

Pizza: Cheese or Pepperoni,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat

Sides: Caesar Salad, Yellow Squash, Milk, Juice, & Fruit

Choose one of the following: **10**

Pizza: Cheese or Pepperoni,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat

Sides: Caesar Salad, Carrots, Milk, Juice, & Fruit

Choose one of the following: **11**

Pizza: Cheese or Sausage,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat

Sides: Caesar Salad, Sweet Potatoes, Milk, Juice, & Fruit

Veterans Day Holiday

Choose one of the following: **12**

2 Beef Flautas w/ Slider

Buffalo Chicken Wrap,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Black Beans, Milk, Juice, & Fruit

Choose one of the following: **13**

Corn Dog

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Cole Slaw, Tater Tots, Milk, Juice, & Fruit

Choose one of the following: **14**

Beef Ravioli w/ WG Slider

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Brussels Sprouts, Milk, Juice, & Fruit

Choose one of the following: **18**

Mac n' Cheese w/ WG Slider

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Broccoli, Milk, Juice, & Fruit

Choose one of the following: **19**

Beef Burrito

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Carrots, Pinto Beans, Milk, Juice, & Fruit

Choose one of the following: **20**

Chicken Parm Sandwich

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Con, Cucumbers, Milk, Juice, & Fruit

Choose one of the following: **21**

Roast Turkey & Gravy w/ Stuffing & Roll

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat
Sides: Mashed Potatoes, Milk, Juice, & Fruit

Thanksgiving Holiday

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Harvest of the Month: Yellow Squash - Yellow squash is low in calories, with just about 20 calories per one-cup serving of raw squash. The skin of summer squashes is where the most antioxidants are found, such as beta-carotene and lutein. This means that it's best to eat them with the peel still on, otherwise you'd be throwing away valuable nutrients. Nutrients found within yellow squash include vitamins C and A, fiber, magnesium, potassium, folate, and B6. "Whether you want to grill, sauté, fry, braise, roast, purée, bake, or pickle it, this vegetable lends itself well to just about every culinary technique." Martha Stuart Website"

At lunch, we are required to offer five components. Students are required to take 3 of the 5 components, one of those must be a serving of fruit or vegetable to be counted as reimbursable. We encourage students to take all 5.

This Institution is an Equal Opportunity Employer

- Components:**
- Bread/grain
 - Fruit
 - Vegetable
 - Milk
 - Meat/Meat Alternate