

Monday Tuesday Wednesday Thursday Friday



**5**  
**BBQ Pulled Chicken Sandwich**  
**OR: Black Bean Bites**  
**with:** Wheat Bun  
 Slow Cooked Baked Beans  
 Diced Pineapple

**6**  
**NEW! Turkey Gumbo**  
**OR: Tofu Gumbo**  
**WITH:** Cornbread  
 Mixed Vegetables  
 Applesauce

**7**  
**Turkey Cheeseburger Mac**  
**OR: Cheesy Shell Pasta**  
**with:** Soft Breadstick  
 Steamed Green Beans  
 Mandarin Oranges

**8**  
**Whole Grain Crispy Chicken Sandwich**  
**OR: Black Bean Sandwich**  
**WITH:** Soft Bun  
 BBQ Sauce  
 Green Peas  
 Banana Half

**9**  
**Pizza Day!**  
**Personal Cheese Pizza**  
**WITH:** Garden Salad  
 with Italian Dressing\*  
 Vanilla Pears  
  
**\*Green Peas**

**12**  
**Fiesta Chicken Soft Taco**  
**OR: Bean and Cheese Burrito**  
 Shredded  
 Cheddar Cheese  
 Sweet Yellow Corn  
 Diced Peaches

**13**  
**Grilled Chicken Sandwich**  
**OR: Black Bean Sandwich**  
**WITH:** House-Made  
 Southwest Ranch  
 Baked Beans  
 Fruit Yogurt Cup

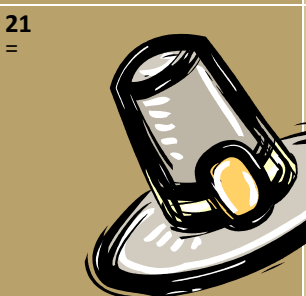
**14**  
**Twist & Shout Mac 'n Cheese**  
**WITH:** Soft Breadstick  
 Green Peas  
 Fresh Sliced Apples\*  
  
**\*Applesauce**

**15**  
**Mama Mia Marinara Turkey Meatball Sub**  
**OR: Meatless Meatball Sub**  
**WITH:** Sliced Cheese  
 Garden Salad with Italian Dressing\*  
 Diced Pears  
  
**\*Diced Carrots**

**16**  
**It's a Thanksgiving Feast!**  
**Roasted Sliced Turkey**  
**Roasted with Gravy**  
**OR: Vegetable Patty with Gravy**  
**WITH:** Fresh Baked  
 Wheat Rolls  
 Green Beans  
 Creamy Mashed Potatoes  
 Spiced Apples

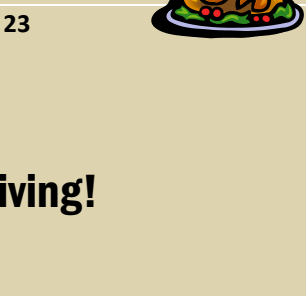
**19**  
**Chicken and Bowtie Pasta**  
 featuring Local Springer  
 Mountain All  
 Natural Chicken  
**OR: Roasted Veggie Sticks**  
**WITH:** Diced Carrots  
 Pineapple Tidbits

**20**  
**Whole Grain Chicken Nuggets**  
**OR: Boca Nuggets**  
**WITH:** House-made  
 Honey Mustard  
 Mashed Potatoes  
 Orange Wedges



**22**

**Happy Thanksgiving!**



**26**  
**Spaghetti in a Savory Turkey Meat Sauce**  
**OR: Spaghetti with Garden Vegetables in Herb Sauce**  
**WITH:** Mozzarella  
 Cheese Shreds  
 Soft Breadstick  
 Green Beans  
 Diced Pineapple

**27**  
**Topsy Turvy Breakfast for Lunch!!**  
**Whole Grain French Toast Sticks**  
**WITH: Turkey Sausage**  
**OR: Vegetarian Sausage**  
 Waffle Syrup  
 Applesauce  
 Banana Half

**28**  
**Teriyaki Chicken with Asian Style Noodles**  
**OR: Vegetable Teriyaki Noodles**  
**WITH:** Green Peas  
 Diced Pears

**29**  
**All American Hamburger**  
**OR: Gardenburger**  
**WITH:** Soft Bun  
 Sliced American Cheese  
 Mashed Potatoes  
 Fruit Yogurt Cup

**30**  
**Savory Turkey Meatballs**  
**OR: Meatless Meatballs**  
**IN:** Marinara Sauce  
**WITH:** Spaghetti  
 Mixed Vegetables  
 Fresh Sliced Apples\*  
  
**\*Applesauce**

**V = Vegetarian Entrée Options**

**\*2oz Steamed Vegetable Substitute for Toddler**

**Milk Served with Lunch Daily**

- No High Fructose Corn Syrup, Trans Fats, or MSG are used in our recipes
- Locally sourced ingredients included whenever possible

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chicken Alfredo** Mixed Vegetables Diced Pears Alfredo Pasta Wheat, Milk, Soy	<b>2</b> Chicken Strips Honey Mustard Carrots Oranges Boca Nuggets Soy, Wheat
			<b>5</b> Pulled Chicken Baked Beans Pineapple Black Bean Bites Soy, Wheat, Milk	<b>6</b> Turkey Gumbo Cornbread Mixed Vegetables Applesauce Tofu Gumbo Soy, Wheat, Egg, Milk, None, Soy
<b>12</b> Soft Taco Cheddar Cheese Corn Peaches Bean and Cheese Burrito Wheat, Milk, Soy	<b>13</b> Grilled Chicken Bun Southwest Ranch Baked Beans Yogurt Black Bean Sandwich Soy, Wheat, Milk	<b>14</b> Pasta** Breadstick Green Peas Apples *Applesauce Wheat, Milk, None, None	<b>15</b> Turkey Meatballs Bun Cheese Garden Salad Italian Dressing Diced Pears Meatless Meatball Sub *Diced Carrots Soy, Wheat, Milk, Egg, None, Soy, Milk, None, None, None	<b>16</b> Turkey w/ Gravy Roll Green Beans Mashed Potatoes Cinnamon Apples Vegetarian Patty w/ Gravy Wheat, Soy, Wheat, None, None, None, Soy, Milk, None, Wheat, Milk, Soy, Egg
<b>19</b> Bowtie Pasta Diced Carrots Pineapple Roasted Veggie Sticks Soy, Wheat, None, None, Soy, Wheat, Milk, Egg	<b>20</b> Chicken Nuggets Honey Mustard Mashed Potatoes Oranges Boca Nuggets Soy, Milk, Wheat, Egg, Soy, None	<b>21</b> 	<b>22</b> Happy Thanksgiving!	<b>23</b>
<b>26</b> Spaghetti** Mozzarella Cheese Breadstick Green Beans Pineapple Spaghetti w/ Cheese Wheat, Milk, Wheat, None, None, None, Milk, Wheat	<b>27</b> French Toast Syrup Turkey Sausage Applesauce Banana Vegetarian Sausage Soy, Wheat, Milk, Egg, None, None, None, Soy, Wheat, Milk, Egg	<b>28</b> Teriyaki Chicken Mixed Vegetables Diced Pears Vegetable Teriyaki Noodles Soy, Wheat, None, None, Soy, Wheat	<b>29</b> Hamburger Bun Cheese Mashed Potatoes Yogurt Gardenburger None, Wheat, Soy, Milk, Soy, Milk	<b>30</b> Turkey Meatballs Spaghetti Mixed Vegetables Apples Meatless Meatballs *Applesauce Soy, Wheat, Milk, Egg, Soy, Wheat, None, None, Wheat, Milk, Egg, None

**\*\*All Pasta Products are Processed in a Facility that Uses Egg\*\***

This list is comprised of the most common allergens we chart, including egg, soy, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.

The FDA exempts soybean oil from being listed as an allergen on product labels since studies have shown that many individuals with a soy allergy can safely eat soy oil.