


Type School Name Here

**MCFI**

**9-12 Hot Lunch**



**November  
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 NATIONAL CALZONE DAY</b> WG Meat Calzone Marinara Sauce Cup Baby Carrots (1/2 cup)* Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>2</b> WG Cheese Quesadilla Taco Packet Seasoned Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>3 NATIONAL SANDWICH DAY</b> Hamburger on WG Bun Ketchup Packet (2) Roasted Potatoes Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>4</b> Macaroni and Cheese WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>5</b> Crispy Chicken Salad with Breaded Chicken Patty Strips (4) over Romaine Salad with Ranch Dressing WG Graham Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk
<b>8</b> WG Beef and Cheese Burrito Taco Sauce Salsa Cup Baby Carrots (1/2 cup)* Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>9</b> Turkey Hot Dog on WG Bun Ketchup Packet Steamed Corn Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>10</b> WG Cheese Ravioli with Shredded Cheese WG Dinner Roll with Margarine WG Graham Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>11</b> Domino's Cheese Pizza Romaine Salad with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>12</b> Sloppy Joe on WG Bun Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk
<b>15 BRUNCH FOR LUNCH</b> Chicken and Waffles Chicken Nuggets (7) with Waffle or Pancake Pouch Syrup Cup and BBQ Packet Sunset Sip Juice Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>16</b> Hamburger on WG Bun Ketchup Packet Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>17</b> Swedish Meatballs over Pasta WG Dinner Roll with Margarine Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>18</b> WG Cheese Pizza Sticks Marinara Sauce Cup Baby Carrots (1/2 cup)* Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>19</b> Roasted Turkey and Gravy WG Biscuit Mashed Potatoes Seasonal Fruit 100% Fruit Juice Choice of Milk
<b>22 BRUNCH FOR LUNCH</b> Pancake Wrapped Sausage on a Stick Yogurt Cup Syrup Cup WG Graham Cracker Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>23</b> Domino's Cheese Pizza Romaine Salad with Ranch (2) Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>24</b> Crispy Chicken Wrap on WG Tortilla BBQ Packet Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>25 NO SCHOOL / MCFI CLOSED</b> 	
<b>29</b> Chicken Corn Dog Ketchup Packet Steamed Vegetable Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>30</b> WG Chicken Patty on WG Bun Mayo Packet Steamed Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE This institution is an equal opportunity provider.		

\*Offer up to 1/2 cup serving



With Thanksgiving being the traditional kickoff to the holiday season, the time can be filled with love, laughter, and good company. But it can also be filled with calories and a temporary pass on good health habits. If you don't want to start the holidays on the wrong foot or with too many calories under your belt, you can enjoy them and keep to your healthy eating habits.

Source: [healthywomen.org](http://healthywomen.org)

For recipes and ideas, click the QR Code!

