



# NOVEMBER | 2022



## LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> Breaded Chicken Sandwich Broccoli Fresh Fruit Choice of Milk	<b>1</b> French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	<b>2</b> Chicken Nuggets French Fries Fresh Fruit White Milk	<b>3</b> Popcorn Chicken w/ Biscuit Baked Beans Fresh Fruit Choice of Milk	<b>4</b> Pizza Cruncher with Marinara Sauce Cauliflower Fresh Fruit White Milk
Teriyaki Dippers with a Dinner Roll Corn Fresh Fruit White Milk	<b>8</b> Tacos Refried Beans Fresh Fruit White Milk	<b>9</b> Mini Corn Dogs Mini Peppers Fresh Fruit Choice of Milk	<b>10</b> Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit White Milk	<b>11</b> Pizza Slice Cucumber Fresh Fruit White Milk
<b>14</b> Hamburger Tater Tots Fresh Fruit White Milk	<b>15</b> Mac and Cheese Chicken Tenders Baked Beans Fresh Fruit Choice of Milk	<b>16</b> Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit White Milk	<b>17</b> Grilled Cheese Tomato Soup Fresh Fruit White Milk	<b>18</b> Holiday Meal! 
<b>2</b> Breaded Chicken Sandwich Broccoli Fresh Fruit Choice of Milk	<b>22</b> Pizza Cruncher with Marinara Sauce Asst Vegetables Fresh Fruit White Milk	<h1>Thanksgiving Break</h1> 		
<b>28</b> Teriyaki Dippers with a Dinner Roll Corn Fresh Fruit White Milk	<b>29</b> Tacos Refried Beans Fresh Fruit White Milk	<b>30</b> Mini Corn Dogs Mini Peppers Fresh Fruit Choice of Milk	<b>1</b> Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit White Milk	<b>2</b> Pizza Slice Cucumber Fresh Fruit White Milk

### Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>v</sup>
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

\*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

### Meal Prices:

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50