



Main Lunch Menu – NSP K-8

November 2023

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

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6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
October 30 Turkey & Cheese Sandwich on WG Bread Fresh Broccoli Garbanzo Beans Ranch Dressing Mayonnaise Fruit Milk	October 31 Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta Peas Fruit Milk	November 1 Egg & Cheese Sandwich String Cheese Cucumbers Ranch Dressing Fruit Milk	November 2 WG Chicken Patty Burger Bun Ketchup Green Beans Fruit Milk	November 3 <h3>Early Dismissal</h3>
November 6 Taco Beef w/Cheddar Cheese WG Tortilla Chips Corn Fruit Milk <i>National Nachos Day!</i>	November 7 Turkey Ham & Cheese on WG Bun Carrot Sticks Garbanzo Beans Mayonnaise Ranch Dressing Fruit Milk	November 8 WG Pancake w/ Chicken Sausage and Cheese Sandwich String Cheese Pretzel Goldfish Tomato & Cucumber Salad Fruit Milk	November 9 Balsamic Chicken WG Dinner Roll Diced Sweet Potatoes Fruit Milk	November 10 Chef Salad w/Diced Turkey and Shredded Cheddar Cheese Salad Mix Ranch Dressing WG Dinner Roll Butter Fruit Milk
November 13 Hot Dog WG Bun Tater Tots Ketchup Fruit Milk	November 14 Mac & Cheese w. WG Pasta Mixed Vegetables Fruit Milk	November 14 Turkey Sausage String Cheese WG French Toast Carrots Sticks Ranch Dressing Fruit Milk	November 15 Turkey w/Gravy WG Dinner Roll w/Butter Mashed Potatoes Fruit Milk	November 16 Italian Chicken Pasta Salad Tomato and Cucumber Salad Fruit Milk
November 20 Italian Turkey Sandwich on WG Bun Fresh Broccoli Garbanzo Beans Ranch Dressing Mayo Fruit Milk	November 21 Swedish Meatballs Brown Rice Peas Fruit Milk	Thanksgiving Holidays		
November 27 <h3>School Holiday</h3>	November 28 Turkey Sausage String Cheese WG French Toast Breakfast Potatoes Fruit Milk <i>National French Toast Day!</i>	November 29 Turkey Ham and Cheese on WG Bun Tomato & Cucumber Salad Mayonnaise Fruit Milk	November 30 WG Chicken Tenders Ketchup Mashed Potatoes Fruit Milk	December 1 <h3>Early Dismissal</h3>