

All lunch entrees offered with choice of fruit(s), vegetable(s), and milk (optional)



# November 2023

## Lunch Menu

Henking, Lyon, Westbrook



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Cold Lunch Options</b> Yogurt Pack with Granola Bites, String Cheese, & Crackers PB&J Uncrustable <i>Offered on Fridays: BYO pizza kit with Flatbread, Marinara, &amp; Mozzarella Cheese</i>		<sup>1</sup> <b>Cheese Pizza Slice</b>  Caesar Salad Mandarin Oranges	<sup>2</sup> <b>Meatball Sub (mozzarella cheese optional)</b>  Strawberries Roasted Broccoli	<sup>3</sup> <b>French Toast with Turkey Sausage or French Toast with Veggie Sausage</b>  Hash Brown Potato 100% juice cup
<sup>6</sup> <b>Cheeseburger (cheese optional) or Black Bean Burger</b>  Sweet Potato Fries Grapes	<sup>7</sup> <b>Orange Chicken &amp; Rice or Orange Vegan Chicken &amp; Rice</b> with Fortune Cookie  Garlic Broccoli Applesauce Cup	<sup>8</sup> <b>Bosco Sticks with Marinara Sauce</b>  Sweet Corn Cantaloupe	<sup>9</sup> <b>Beef Nachos or Bean Nachos</b>  Refried Beans with Cheese Apple Slices	<sup>10</sup> <b>Creamy Italian Mac n' Cheese</b> with Roll  Sautéed Green Beans Fresh Pineapple
<sup>13</sup> <b>Breaded Mozzarella Sticks with Marinara Sauce</b>  Tomato Soup Orange Wedges	<sup>14</sup> <b>Chicken Tenders or Vegan Chicken Nuggets with Goldfish Crackers</b>  Fresh Pear Roasted Veggies	<sup>15</sup> <b>Cheese Pizza Slice</b>  Honeydew Melon Baby Carrots Roasted Chickpeas	<sup>16</sup> <b>Pasta &amp; Meatballs or Pasta with Marinara Sauce &amp; Mozzarella Cheese</b>  Tossed Salad Banana Garlic Bread	<sup>17</sup> <b>Pancakes with Turkey Sausage or Pancakes with Veggie Sausage</b>  Breakfast Potatoes Apple Slices
<sup>20</sup> <b>Cheeseburger (cheese optional) or Black Bean Burger</b>  Sweet Potato Fries Grapes	<sup>21</sup> <b>Chicken Nuggets or Vegan Chicken Nuggets with Pumpkin Bread</b>  Mashed Potatoes & Gravy Orange Wedges	<sup>22</sup> <b>No School</b>	<sup>23</sup> <b>No School</b>	<sup>24</sup> <b>No School</b>
<sup>27</sup> <b>Hot Dog or Bean &amp; Cheese Burrito</b>  Potato Smiles Baked Beans Peach Cup	<sup>28</sup> <b>Mini Chicken Bites or Vegan Chicken Nuggets with Cornbread</b>  Steamed Broccoli Mandarin Oranges	<sup>29</sup> <b>Cheese Pizza Slice</b>  Apple Slices Cucumber Slices	<sup>30</sup> <b>Meatball Sub (mozzarella cheese optional)</b>  Watermelon Baby Carrots	<i>Joke of the Month:</i> What do you call a sad cranberry?  A blueberry  

Complete Lunch \$3.25  
Milk Only \$0.60

MENU SUBJECT TO CHANGE  
This institution is an equal opportunity provider