

# K-8 Hot Lunch

## November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Monday, November 4</u></b> Buffalo Chicken Sandwich <i>Veggie Burger</i> WG Hamburger Bun Green Beans - 4oz Baked Beans - 2oz Orange Slices - 4 slices	<b><u>Tuesday, November 5</u></b> Kung Pao Chicken - 2oz <i>Kung Pao Tofu</i> (Not So) Fried Rice - 6oz Cucumber Slices - 4oz Peas & Carrots - 2oz Apple Slices - 4 slices	<b><u>Wednesday, November 6</u></b> WG Mac N Cheese Steamed Carrots - 4oz Lemony Chickpea Salad - 2oz Pear Slices - 4 slices	<b><u>Thursday, November 7</u></b> Salisbury Steak w/ Mushroom Gravy <i>Veggie Meatloaf w/ Gravy</i> WG Rotini Pasta - 6oz Broccoli - 4oz GF/DF/EF Coleslaw - 2oz Pineapple - 4oz	<b><u>Friday, November 8</u></b> Scrambled Eggs WG Pancakes - 2 each Roasted Potatoes - 4oz Red Pepper Strips - 2oz Melon - 4oz Syrup
<b><u>Monday, November 11</u></b> WG Chicken Nuggets - 5 each <i>GF/DF/EF Veggie Nuggets</i> WG Bread Slice Baby Carrots - 4oz Three Bean Salad - 2oz Applesauce - 4oz	<b><u>Tuesday, November 12</u></b> WG Penne(6oz) w/ Tomato Cream Sauce & Mozzarella Cheese Green Beans - 4oz Italian Cucumber Salad - 2oz Pear Slices - 4 slices	<b><u>Wednesday, November 13</u></b> Chicken Tinga Taco <i>Veggie Taco</i> WG Flour Tortilla Sweet Corn - 4oz Seasoned Black Beans - 2oz Apple Slices - 4 slices	<b><u>Thursday, November 14</u></b> Turkey Chili <i>Three Bean Chili</i> Corn Bread- 1 each Roasted Potatoes - 4oz Honey Glazed Carrots - 2oz Melon - 4oz	<b><u>Friday, November 15</u></b> WG Pizza Muffin - 2 each Marinara Sauce - 2oz Broccoli - 4oz Celery Sticks - 2oz Fruit Salad CHP - 4oz
<b><u>Monday, November 18</u></b> Beef Burger w/ American Cheese <i>Veggie Burger</i> WG Hamburger Bun Baby Carrots - 4oz Pickle Chips - 2oz Applesauce - 4oz <i>Ketchup &amp; Mustard Packet</i>	<b><u>Tuesday, November 19</u></b> Peri Peri Chicken - 2oz <i>Peri Peri Tofu</i> Spanish Rice - 6oz Cucumber Salad - 4oz Black Beans - 2oz Apple Slices - 4 slices	<b><u>Wednesday, November 20</u></b> WG Rotini Mostaccioli - 8oz Garlic Green Beans - 4oz Cherry Tomato - 2oz Pear Slices - 4 slices	<b><u>Thursday, November 21</u></b> Garlic & Herb Baked Chicken <i>Veggie Meatloaf w/ Gravy</i> Corn Bread - 1 each Roasted Potato - 4oz Honey Glazed Carrots - 2oz Pineapple - 4oz	<b><u>Friday, November 22</u></b> Garlic Herb Cheese Pizza Broccoli - 4oz Italian Chickpea Salad - 2oz Fruit Salad CHP - 4oz

WG = Whole Grain  
 CHP = Cantaloupe, Honeydew, Pineapple

\*We are an equal opportunity employer.  
 \*\*Two types of milk are offered with each meal.

