HENKING, LYON, WESTBROOK

NOVEMBER LUNCH MENU







Complete Lunch \$3.35 Milk Only \$0.60

1

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

MON

Joke of the Month What do you call a lazy spud?



TUE

WED

THU

FRI

DID YOU KNOW? We source local foods for our program, including organic flour and cornmeal from Janie's Mill in Ashkum, IL. We use

these to bake fresh Cornbread, Pumpkin Bread, and Muffins



Sweet Potato Fries Grapes

Mini Pancakes with Turkey Sausage Pancakes with Veggie Sausage

> Hash Brown Cantaloupe

No School



Cheese Pizza Slice

Sautéed Green Beans Fresh Plum

Beef Nachos or Bean & Cheese Nachos

Refried Beans Fresh Pear

Fresh Baked Cornbread

11 French Toast with Turkey Sausage ٥r French Toast with Veggie Sausage

Breakfast potatoes 100% Juice Cup

Mini Waffles with Chicken Sausage or Waffles with Veggie Sausage

Hash Brown Applesauce Cup

12 Chicken Tenders

٥r Vegan Nuggets with Goldfish Crackers

Sweet Corn Local, Fresh Apple

Orange Chicken & Rice or Orange Vegan Chicken & Rice with Fortune Cookie

> Garlic Broccoli Pineapple Cup

13 Bosco Sticks with Marinara Sauce

Banana Cucumber & Red

Pepper Slices

Cheese Pizza

Slice

Watermelon

Sweet Corn

20

Mac & Cheese with

Apple Slices

Pasta & Meatsauce Pasta with Marinara & Mozzarella Cheese with Garlic Bread

14

Caesar Salad Mandarin Oranges

> **Beef Nachos** ٥r Bean & Cheese Nachos

Refried Beans Apple Slices

Steamed Broccoli

Cheeseburger (cheese optional)

15

Vegan Burger

Baked Beans Sweet Potato Fries Grapes

22 All Beef Hot Dog Bean & Cheese Burrito

Smiley Fries Orange Wedges

Cheese Quesadilla with Salsa

> Tomato Soup Grapes

Mini Chicken Bites

Vegan Nuggets with Fresh Baked Pumpkin Bread

Mashed Potatoes Peach Cup

No School

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No School



28

No School View the menu in real time

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DAILY COLD LUNCH OPTIONS: YOGURT PACK WITH GRANOLA, CHEESE, & CRACKERS PB&J UNCRUSTABLE