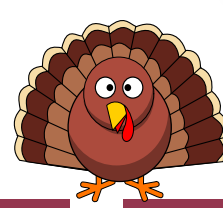


November 2025



LUNCH 9-12

Monday

3 BBQ Meatballs (2 oz.)
Seasoned WG Spaghetti (1 cup)
Glazed Carrots (1 ¼ Cup)
Applesauce (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. BBQ Tofu (4.4 oz.)

10 Stew Beef w/Carrots (2 oz.)
Brown Rice (1 cup)
Vegetarian Beans (1 cup)
Pineapple Chunks (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Veggie Burger (2 oz.)

17 WG Cheese /Pepperoni Pizza (4.6 oz.)
Broccoli (1 cup)
Slice Peaches (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Veggie Pizza (4.6 oz.)

24 Stew Dice Chicken w/Carrots (2 oz.)
WG Spaghetti (1 cup)
Buttered Carrots (1 1/4 cup)
100% Fruit Juice (1cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Tofu in Spaghetti Sauce (4.4 oz.)

Tuesday

4 WG Cheese /Pepperoni Pizza (4.6 oz.)
Broccoli (1 cup)
100% Fruit Juice (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Cheese Pizza (4.6 oz.)



18 BBQ Meatballs (2 oz.)
Seasoned WG Spaghetti (1 cup)
Stewed Vegetarian Beans (1 cup)
Fruit Cocktail (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. BBQ Tofu (4.4 oz.)

25 Hamburger w/Cheese (2 oz.)
WG Bun (1 ea.)
Potato Wedge (1 cup)
Broccoli (1 cup)
Tropical Fruit Salad (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Veggie Burger (2 oz.)

Wednesday

5 Meat Loaf w/gravy (2 oz.)
WG Rice (1 ea.)
Mixed Vegetables (1 cup)
Sliced Peaches (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Baked Lentil Loaf w/gravy (2 oz.)

12 Dice Chicken in Creole Sauce (2 oz.)
WG Macaroni & Cheese (1 cup)
Broccoli (1 cup)
Butter Carrots (1 ¼ cup)
Mandarin Orange (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Veggie Burger (2 oz.)

19 Hamburger w/ Cheese (2 oz.)
WG Bun (1 ea.)
Glazed Carrots (1 1/4 cup)
Tropical Fruits (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Veggie Burger w/Cheese (2 oz.)

26 BBQ Chicken (2 oz.)
WG seasoned Rice (1 cup)
Stewed Kidney Beans (1 cup)
Green Beans (1 Cup)
Mandarin Orange (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. BBQ Lentil Loaf (2 oz.)

Thursday

6 Stewed Chicken (2 oz.)
WG Macaroni & Cheese (1 cup)
Stewed Vegetarian Beans (1cup)
Tropical Fruits (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Tofu in Creole Sauce (4.4 oz.)

13 Meat loaf w/gravy (2 oz.)
Brown Rice (1 cup)
Seasoned Mixed Vegetables (1 cup)
Applesauce (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Lentil Loaf w/gravy (4.4 oz.)

20 Whole Turkey w/gravy (2oz)
Baked Mac & Cheese (1 Cup)
Potato Stuffing (1 Cup)
Coleslaw (1/2 cup)
Slice Cranberries (1/4 Cup)
100 % Fruit Juice (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Sweet & Sour Tofu (4.4 Oz)



Friday

7 Ground Beef Sloppy Joe (2 oz.)
WG Bun (1 ea.)
Potato Wedge (1 cup)
Mandarin Oranges (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt: Ground Veggie Burger (2 oz.)

14 Hamburger (2 oz.)
WG Bun (1 ea.)
Potato Wedge (1 Cup)
Fruit Cocktail (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Baked Tofu Slice (4.4 oz.)
Condiments pc mayo & ketchup

21 Tuna Salad (2 oz.)
WG Bun (1 ea.)
Green Beans (1 cup)
Mandarin Orange (1 cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Veggie Burger (2 oz.) w/pc Mayo/ Ketchup (1 ea.)

28 **THANKSGIVING BREAK**