November 2026 LUNCH 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
2 **HOLIDAY**	3 WG Cheese /Pepperoni Pizza (4.6 oz.) Mexican Broccoli (1 cup) 100% Fruit Juice (1 cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Veggie Pizza (4.6 oz.)**	4 BBQ Meatballs (2 oz.) Seasoned WG Spaghetti (1 cup) Mixed Vegetables (1 cup) Glazed Carrots (1 1/4 Cup) Sliced Peaches (1 cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. BBQ Tofu (4.4 oz.)**	5 Stewed Chicken Drumsticks (2 oz.) WG Macaroni & Cheese (1 cup) Stewed Vegetarian Beans (1 cup) Tropical Fruits (1 cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Stewed Tofu (4. 4 oz.)**	6 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. Veggie Burger (2 oz.)** **Condiment: Mayo/Ketchup (1 ea.)**
9 Chicken Strips in Creole Sauce (2 oz.) WG Macaroni (1/2 Cup) Broccoli (1 Cup) Seasoned Mixed Vegetables (1 Cup) Manadarin Orange (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Tofu in Creole Sauce (2 oz.)**	10 Stew Beef w/Carrots (2 oz.) Brown Rice (1 Cup) Pinto Beans (1 Cup) Pineapple Chunks (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Stewed Veggie Burger (2 oz.)**	11 Veterans Day	12 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**	13 Meat Loaf w/gravy (2 oz.) Brown Rice (1 cup) Butter Carrots (1 1/4 Cup) Applesauce (1 cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Baked Bean Loaf w/Gravy (2 oz.)**
16 BBQ Meatballs (2 oz.) Seasoned WG Spaghetti (1 cup) Stewed Kidney Beans (1 cup) Fruit Cocktail (1 cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. BBQ Tofu (4.4 oz.)**	17 WG Cheese /Pepperoni Pizza (4.6 oz.) Butter Corn (1 cup) Slice Peaches (1 cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Veggie Pizza (4.6 oz.)**	18 Hamburger w/ Cheese (2 oz.) WG Bun (1 ea.) Buttered Broccoli (1 cup) Tropical Fruits (1 cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Black Bean Burger w/Cheese (2oz.)**	19 Whole Turkey w/gravy (2oz) Baked Mac & Cheese (1 Cup) Sweet Potatoes Yam Stuffing (1 Cup) Coleslaw (1 cup) 100 %Fruit Juice (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt: Sweet & Sour Tofu (4.4 Oz)**	20 Tuna Salad (2 oz.) WG Bun (1 ea.) Green beans Salad (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.)**
23 WG Cheese/Pepperoni Pizza (4.6 oz.) Buttered Carrots (1 Cup) Buttered Broccoli (1 1/4Cup) Mandarin Orange (1 1/4Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Veggie Pizza (4.6 oz.)**	24 Chicken Strips in Alfredo Sauce (2oz.) WG Spaghetti (1 Cup) WG Slice Bread (1 Slice) Stewed Vegetarian Beans (3/4 Cup) 100% Fruit Juice (1/2 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Tofu in Alfredo Sauce (4.4 oz.)**	25 Hamburger w/Cheese (2 oz.) WG Bun (1 ea.) Potato Wedge (3/4 Cup) Tropical Fruit Salad (1/2 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt. Black Bean Burger w/Cheese(2 oz.)**	26 HOLIDAY Happy Thanksgiving	27 THANKSGIVING BREAK

This institution is an equal opportunity provider. **Menus are subject to change based on commodities availability**