| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| Popcorn Chicken<br>& WG Pretzel<br>Vegetarian Variety<br>Peach Cup<br>Baby Carrots & Dip<br>Fresh Side Salad<br>2 | <br>3 | Mac & Cheese<br>w/Garlic Knot<br>Vegetarian Variety<br>Fresh Grapes<br>Garlic Green Beans<br>Tomato Cucumber Salad<br>4 | Bosco Sticks<br>Vegetarian Variety<br>SideKick<br>Caesar Side Salad<br>Marinara Cup<br>5 | French Toast Sticks &<br>Sausage<br>Vegetarian Variety<br>Orange Juice<br>Tater Tots<br>Celery Sticks & Dip<br>6 |
| Chicken Tikka Masala w/<br>Samosas<br>Deli & Hot Sandwiches<br>Vegetarian Variety<br>Peach Cup<br>Indian Spiced Cauliflower<br>Celery Sticks & Dip<br>9 | Beef Walking Tacos<br>Vegetarian Variety<br>Peach Cup<br>Salsa Cup<br>Seasoned Corn<br>10 | Chicken & Waffles<br>Vegetarian Variety<br>Apple Slices<br>Tator tots<br>Fresh Side Salad<br>11 | Crispy Chicken Sandwich<br>Deli & Hot Sandwiches<br>Vegetarian Variety<br>Craisins<br>Cucumber Coins & Dip<br>3 Sisters Casserole<br>12 | General's Chicken & Fried<br>Rice<br>Vegetarian Variety<br>Applesauce<br>Edamama<br>Cucumber Coins & Dip<br>Fortune Cookie<br>13 |
| Grilled Cheese<br>Vegetarian Variety<br>Pizza Bar<br>Tomato Soup<br>Pineapple Cup<br>Sweet Potato Fries<br>Baby Carrots<br>16 | Penne Alfredo & Chicken<br>Vegetarian Variety<br>Pizza Bar<br>Apple Slices<br>Side Caeser Salad<br>Roasted Broccoli<br>17 | Pancakes & Omelette<br>Vegetarian Variety<br>Orange Juice<br>Baby Carrots<br>Smiley Fries<br>18 | Roast Turkey w/ Roll<br>Deli & Hot Sandwiches<br>Vegetarian Variety<br>Pizza Bar<br>Cinnamon Apples<br>Mashed Potatoes<br>Green Beans<br>19 | Chicken Nuggets & WG<br>Pretzel<br>Vegetarian Variety<br>Sidekick<br>Baby Carrots<br>Cucumber Slices<br>20 |
| **HALF DAY**<br>23 | **HALF DAY**<br>24 | **HALF DAY**<br>25 |  |  |

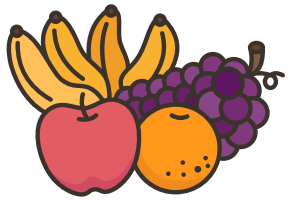
# NOVEMBER

**Follow us on Instagram for Menu Updates!**

@ucfsdnutrition



Thanksgiving Lunch Served 11/19



**Variety of fresh fruit and milk offered daily.**

NUTRITION

Nutrition & Allergen Info available on our webpage!

**Lunch - $3.70**

USDA is an equal opportunity provider and employer.
Menu Subject to change.

# WEEKLY MS BREAKFAST MENU

Low Fat Yogurt Parfait
with Granola
Assorted Breakfast Pastries
Assorted Breakfast Sandwiches
Assorted Cereals
Fruit Juice
Variety of Fresh Fruit
Low Fat & Non Fat Milk

**Breakfast is free for all students**

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