-Meals are Free to anyone 18 or under
-All meals must be eaten on site

Menu is subject to change

Longfellow Middle School November Dinner Menu

Served Monday, Tuesday and Thursday from 3:45pm-5:15pm on school days

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Entrée**: Mac & Cheese (2oz equiv. of MMA & 1oz equiv. of **grain)** **Fruit**: Apple or Juice (½ cup equiv.) **Vegetable**: Fresh Red Peppers (½ cup equiv.) **Milk**: Choice of Milk (8oz)	**3** NO SCHOOL	**4** No Service	**5** **Entrée**: Penne with Meatballs (2oz equiv. of MMA and 2oz equiv. of grain) **Fruit:** Apple or Juice (1/2 cup equiv.) **Vegetable** Side Salad (½ cup equiv.) **Milk: Choice of** Milk (8oz)	**6** No Service
9 **Entrée**: Mac & Cheese (2oz equiv. of MMA & 1oz equiv. of **grain)** **Fruit**: Apple or Juice (½ cup equiv.) **Vegetable**: Fresh Red Peppers (½ cup equiv.) **Milk**: Choice of Milk (8oz)	**10** **Entrée**: Hamburger or Cheeseburger (2oz equiv. of MMA & 2oz equiv. of **grain)** **Fruit**: Banana or Juice (½ cup equiv.) **Vegetable**: Baked Beans (½ cup equiv.) **Milk**: Choice of Milk (8oz)	**11** No Service	**12** **Entrée**: Lasagna Roll-Ups (2oz equiv. of MMA and 1oz equiv. of grain) **Fruit:** Apple or Juice (1/2 cup equiv.) **Vegetable** Side Salad (½ cup equiv.) **Milk: Choice of** Milk (8oz)	**13** No Service
16 **Entrée**: Mac & Cheese (2oz equiv. of MMA & 1oz equiv. of **grain)** **Fruit**: Apple or Juice (½ cup equiv.) **Vegetable**: Fresh Red Peppers (½ cup equiv.) **Milk**: Choice of Milk (8oz)	**17** **Entrée**: Hamburger or Cheeseburger (2oz equiv. of MMA & 2oz equiv. of **grain)** **Fruit**: Banana or Juice (½ cup equiv.) **Vegetable**: Baked Beans (½ cup equiv.) **Milk**: Choice of Milk (8oz)	**18** No Service	**19** **Entrée**: Lasagna Roll-Ups (2oz equiv. of MMA and 1oz equiv. of grain) **Fruit:** Apple or Juice (1/2 cup equiv.) **Vegetable** Side Salad (½ cup equiv.) **Milk: Choice of** Milk (8oz)	**20** No Service
23	**24**	**25**	**26**	**27**
	Thanksgiving Break			
30 **Entrée**: Mac & Cheese (2oz equiv. of MMA & 1oz equiv. of **grain)** **Fruit**: Apple or Juice (½ cup equiv.) **Vegetable**: Fresh Red Peppers (½ cup equiv.) **Milk**: Choice of Milk (8oz)	-Remember you must take a fruit, vegetable, or juice to complete your meal -All bread/grains items are 50% whole grain! -Fat-Free Chocolate and Low-Fat White Milk available daily			

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