November 2022

iLead Lancaster

GRADE: K-8 SBP/NSLP Menu

Serve w/ Milk & Fruit

Last updated: 09/16/22 at 12:00 pm Menus are not final. Menu items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
RED/ORANGE		LEGUMES		DARK GREEN		STARCHY		OTHER	
		1		2		3		4	
	125	Grilled Cheese Sandwich	125	Strawberry Muffin	125	Maple Waffle	125	Coffee Cinnamon Crumble	
	200	Chicken Quesadilla w/spanish rice (1/2c) & pinto beans (3/4c)	250	Spaghetti and Meatballs w/broccoli (3/4c)	275	Buffalo Wings w/dinner roll & tater tots (3/4c)			
							175	Italian Turkey, Ham & Cheese Hoagie Sandwich w/carrot sticks (3/4c)	
	30	Santa Fe Chicken Salad with a Wheat Dinner Roll	30	Caesar Chicken Salad with a Wheat Dinner Roll	30	Chef Turkey & Ham Salad with a Wheat Dinner Roll			
7		8		9		10		11	
Mexican Concha	125	Bean & Cheese Breakfast Burrito	125	Coffee Cinnamon Crumble	125	Coco Puffs & WG Crackers	125	String Cheese & Strawberry NutriGrain Bar	
	250	Red Chicken Enchiladas w/pinto beans (3/4c)	200	Teriyaki Chicken Chow Mein Bowl w/broccoli (3/4c)	250	Chicken Nuggets w/whole kernel corn (3/4c)	200	Breaded Chicken Patty on a HB Bun w/carrot sticks (3/4c)	
Chipotle Cheese Pasta Salad w/carrot sticks (3/4c)									
Italian Antipasto Salad with a Wheat Dinner Roll	30	Santa Fe Chicken Salad with a Wheat Dinner Roll	30	Caesar Chicken Salad with a Wheat Dinner Roll	30	Chef Turkey & Ham Salad with a Wheat Dinner Roll			
14		15		16		17		18	
Yogurt & Graham Crackers	125	Sausage English Muffin	125	Pumpkin Spice Muffin	125	Cinnamon Toast Crunch & WG Crackers	125	Bagel & Cream Cheese	
	250	Three Cheese Mac & Cheese w/bbq baked beans (3/4c)	250	Spaghetti and Meat Sauce (3/4c) w/broccoli (3/4c)	200	Orange Chicken Bowl w/brown rice (3/4c) & whole kernel corn (3/4c)			
Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)							175	Italian Turkey, Ham & Cheese Hoagie Sandwich w/carrot sticks (3/4c)	
Italian Antipasto Salad with a Wheat Dinner Roll	30	Santa Fe Chicken Salad with a Wheat Dinner Roll	30	Caesar Chicken Salad with a Wheat Dinner Roll	30	Chef Turkey & Ham Salad with a Wheat Dinner Roll			
21		22		23		24		25	
NO SCHOOL		NO SCHOOL		NO SCHOOL		TRanksgiving Blessings		NO SCHOOL	
28		29		30		1		2	
Yogurt & Graham Crackers	125	Pancakes (2)	125	Banana Muffin	125	Coco Puffs & WG Crackers	125	Coffee Cinnamon Crumble	
	200	Chicken Tamal w/pinto beans (3/4c)	250	Three Cheese Mac & Cheese w/broccoli (3/4c)					
							200	Alfredo Cheese Pasta w/steamed carrots (3/4c)	
Chipotle Cheese Pasta Salad w/carrot sticks (3/4c)					200	Garlic Pesto Cheese Pasta Salad w/basil corn salad (3/4c)			
Italian Antipasto Salad with a Wheat Dinner Roll	30	Santa Fe Chicken Salad with a Wheat Dinner Roll	30	Caesar Chicken Salad with a Wheat Dinner Roll	30	Chef Turkey & Ham Salad with a Wheat Dinner Roll		and 50% of total weekly conjugs. Milk /1 Cup) /1% / Non-fat /Non-fat Check	
	MONDAY RED/ORANGE 7 Mexican Concha Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 14 Yogurt & Graham Crackers Parmesan Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 21 NO SCHOOL 28 Yogurt & Graham Crackers Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll Italian Antipasto Salad w/carrot sticks (3/4c)	MONDAY RED/ORANGE 125 200 30 7 Mexican Concha 125 250 Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 30 14 Yogurt & Graham Crackers 125 Parmesan Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 30 21 NO SCHOOL 28 Yogurt & Graham Crackers 125 200 Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 30 Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 30	MONDAY RED/ORANGE 125 Grilled Cheese Sandwich 126 Chicken Quesadilla w/spanish rice (1/2c) & pinto beans (3/4c) 30 Santa Fe Chicken Salad with a Wheat Dinner Roll 7 8 Mexican Concha 125 Bean & Cheese Breakfast Burrito Red Chicken Enchiladas w/pinto beans (3/4c) Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 250 Santa Fe Chicken Salad with a Wheat Dinner Roll 14 15 Yogurt & Graham Crackers 125 Sausage English Muffin 250 Three Cheese Mac & Cheese w/bbq baked beans (3/4c) Parmesan Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 30 Santa Fe Chicken Salad with a Wheat Dinner Roll 21 22 NO SCHOOL NO SCHOOL Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 30 Santa Fe Chicken Salad with a Wheat Dinner Roll Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 30 Santa Fe Chicken Salad with a Wheat Dinner Roll Lange Chicken Tamal w/pinto beans (3/4c) Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 30 Santa Fe Chicken Salad with a Wheat Dinner Roll	TUESDAY ILGUMES 125 Grilled Cheese Sandwich 125 200 Chicken Quesadilla w/spanish rice (1/2c) & pinto beans (3/4c) 250 30 Santa Fe Chicken Salad with a Wheat Dinner Roll 25 Red Chicken Enchiladas w/pinto beans (3/4c) 200 Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) 125 Sausage English Muffin 125 Yogurt & Graham Crackers 125 Sausage English Muffin 125 Parmesan Cheese Pasta Salad w/carrot sticks (3/4c) 125 Nare Cheese Mac & Cheese w/bbq baked beans (3/4c) 250 Parmesan Cheese Pasta Salad w/carrot sticks (3/4c) 125 Nare Cheese Mac & Cheese w/bbq baked beans (3/4c) 250 Parmesan Cheese Pasta Salad w/carrot sticks (3/4c) 125 Nare Cheese Mac & Cheese w/bbq baked beans (3/4c) 250 Parmesan Cheese Pasta Salad w/carrot sticks (3/4c) 125 No SCHOOL 126 Parmesan Cheese Pasta Salad w/carrot sticks (3/4c) 125 No SCHOOL	### NONDAY ### LEGUMES 125 Grilled Cheese Sandwich 125 Grilled Cheese Sandwich 200 Chicken Quesadilla w/spansh rice (1/zc) & pinto beans (3/cd) 30 Santa Fe Chicken Salad with a Wheat Dinner Roll 7 8 9 Mexican Concha 125 Bean & Cheese Breakfast Burrito 125 Coffee Cinnamon Crumble 7 8 9 Mexican Concha 125 Red Chicken Fachiladas w/pinto beans (3/cd) 200 Terryaki Chicken Chow Mein Bowl w/broccoli (3/kc) Chipotle Cheese Pasta Salad w/carrot sticks (3/4c) Italian Antipasto Salad with a Wheat Dinner Roll 125 Sausage English Muffin 125 Pumpkin Spice Muffin Yogurt & Graham Crackers 125 Sausage English Muffin 125 Sausage English Muff	TUESDAY TUES	NO SCHOOL TUESDAY STARCY STARCY	NED STATE STATE	

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)

	School Notes:
•	NO SCHOOL 11/21-11/25 THANKSGIVING
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