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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.

Last updated: 11/18/22at 12:45 pm

MONDAY RED/ORANGE		TUESDAY LEGUMES		WEDNESDAY DARK GREEN		THURSDAY STARCHY		FRIDAY OTHER	
27		28		1		2		3	
125	Mexican Concha	125	Sausage English Muffin	125	Coffee Cinnamon Crumble	125	Cinnamon Toast Crunch & WG Crackers	125	String Cheese & Strawberry NutriGrain Bar
230	Mongolian Bowl w/brown rice (3/4c) & steamed carrots (3/4c)	230	Turkey Hot Dog on a Bun w/bbq baked beans (3/4c)	230	Chicken Alfredo Baked Ziti Bowl w/broccoli (3/4c)	260	Chicken & Waffles w/mashed potatoes (3/4c)	150	Italian Turkey, Ham & Cheese Hoagie Sandwich w/carrot sticks (3/4c)
6		7		8		9		10	
125	Yogurt & Graham Crackers	125	Cinnamon French Toast	125	WG Donut	125	Multi Grain Cheerios & WG Crackers	125	Bagel & Cream Cheese
230	Orange Chicken Bowl w/brown rice (3/4c) & steamed carrots (3/4c)	230	Breaded Chicken Patty on a HB Bun w/steamed broccoli & carrots (1c)	230	Green Chicken Enchiladas w/pinto beans (3/4c)	230	Penne Pasta & Cheese Marinara w/whole kernel corn (1/2c)	150	Tuna Salad Sandwich w/carrot sticks (3/4c)
13		14		15		16		17	
125	Strawberry Muffin	125	Pancakes (2)	125	Banana Muffin	125	Coco Puffs & WG Crackers	125	String Cheese & Graham Crackers 
230	Asian Chicken Pasta Salad	250	Chicken Alfredo Pasta w/steamed broccoli & carrots (1c)	250	Chicken Tamal w/pinto beans (3/4c)	230	Ham and Cheese Panini w/bbq corn salad (3/4c)	125	Sweet Chili Chicken Pasta Salad
20		21		22		23		24	
125	Yogurt & Graham Crackers	125	Sausage English Muffin	125	Strawberry Muffin	125	Multi Grain Cheerios & WG Crackers	125	Bagel & Cream Cheese
230	Mongolian Beef Bowl w/brown rice (3/4c) & steamed carrots (3/4c)	250	Spaghetti and Meatballs w/steamed broccoli & carrots (1c)	230	Chicken Quesadilla w/spanish rice (1/2c) & pinto beans (3/4c)	230	Sloppy Joe on a HB Bun w/mashed potatoes (3/4c)	150	Italian Turkey, Ham & Cheese Hoagie Sandwich w/carrot sticks (3/4c)
27		28		29		30		31	
125	Mexican Concha	125	Rice Chex & WG Crackers	125	Coffee Cinnamon Crumble	125	Cinnamon French Toast	125	String Cheese & Strawberry NutriGrain Bar
230	Hawaiian Chicken w/brown rice (3/4c) & steamed carrots (3/4c)	230	Teriyaki Chicken Chow Mein Bowl w/steamed broccoli & carrots (1c)	230	Red Chicken Enchiladas w/pinto beans (3/4c)	250	Chicken Nuggets w/whole kernel corn (3/4c)	150	Tuna Salad Sandwich w/carrot sticks (3/4c)

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:

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