



November 2024 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>			1 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* [^] Corn Grated cheese Fresh fruit
4 Dirty brown rice with beef* (V) Dirty brown rice [^] Spinach salad Fresh fruit	5 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	6 Stuffing topped chicken pot pie Apple coleslaw (V) Black bean tortilla soup [^] Whole wheat bread/butter* Fresh fruit	7 Turkey meatloaf (V) French lentils w/ thyme [^] Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	8 (V) Lasagna Tossed salad Fresh fruit
11 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *# [^] Grated cheese Tossed salad Fresh fruit	12 (V) Beans & Brown rice [^] Tossed salad Tortilla* Fresh fruit	13 Shepherd's Pie (V) Chickpea curry with potatoes [^] Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	14 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	15 BBQ chicken leg (V) Mushroom stroganoff [^] California blend vegetables Whole wheat bread/butter* Fresh fruit
18 Turkey sloppy joe (V) Vegetarian sloppy joe [^] Corn & edamame Roll Fresh fruit	19 Chicken chili (V) Veg out chili [^] Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	20 Hamburger slider (V) Black bean burger # [^] Bean medley Roll Fresh fruit	21 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit	22 THANKSGIVING LUNCH Sliced turkey & gravy (V) Veggie Patty Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
25 Whole wheat Turk-a-roni* (V) White bean mushroom soup [^] Grated cheese Southwest salad Fresh fruit	26 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit	27 (V) Whole grain pizza* Garden salad Fresh fruit	28 <p style="text-align: center;">CLOSED FOR THANKSGIVING</p>	29 <p style="text-align: center;">CLOSED FOR THANKSGIVING</p>

(V) Vegetarian meal
#Gluten free

*Whole grain
[^]Vegan