Lunch
**MENU**
WEEK: 5

# NOVEMBER
## Nov 2nd—Nov 6th

Grade
K-8

## COLD ENTREES

### Pick Your Protein Salad
Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and a dinner roll. Comes with a pick your protein choice below.

### Pick Your Protein Choices
Chef (Turkey or Ham)
Hard Boiled Egg
Crispy Chicken

### Turkey & Cheese Sub
Sliced deli turkey and cheddar cheese layered on a whole grain sub roll. Served with a mayonnaise packet.

### Peanut Butter & Jelly
Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

### Tootie Fruitie
A delicious gluten free box containing fresh fruit, string cheese, Go-Gurt, fresh carrots and a gluten free cereal box. It is served with a ranch packet.

## HOT ENTREES

### Pepperoni Pull Apart Pizza
Pepperoni pizza breadsticks are made with a whole grain dough with a pepperoni pizza topping. The breadsticks have a light and chewy taste and homemade pizzeria flavor.

### Chicken Tenders with Roll
Whole grain breaded boneless skinless chicken breast baked to perfection and served with a roll and a BBQ cup.

### Sloppy Joe
Seasoned ground beef in a savory tomato-based sauce served on a soft whole grain bun.

### Macaroni & Cheese
Whole grain elbow pasta mixed with homemade cheese sauce and topped with breadcrumbs and spices. Then baked until gooey.

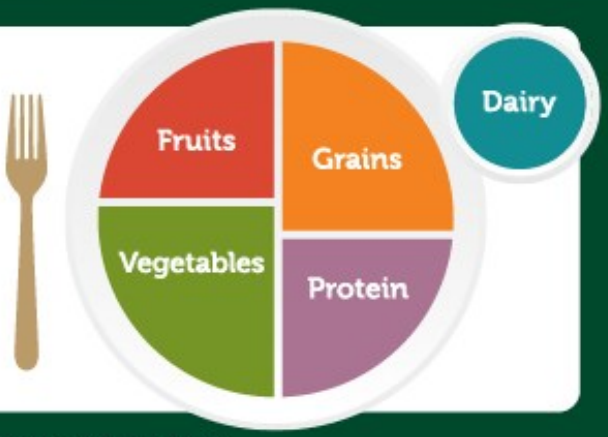


## WHAT MAKES A COMPLETE MEAL:

**A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.**

P PROTEIN G GRAIN V VEGETABLES F FRUIT D DAIRY

- **Choose 3-5 items (one must be a FRUIT or VEGGIE):**
- **Up to 2 FRUIT and/or VEGETABLES every day**
- **1% white MILK or non-fat chocolate MILK**

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Lunch
# MENU
WEEK: 6

# NOVEMBER
## Nov 9th —Nov 13th

Grade
K-8

## COLD ENTREESSe

### Pick Your Protein Salad
Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and a dinner roll. Comes with a pick your protein choice below.

### Pick Your Protein Choices
Chef (Turkey or Ham)
Hard Boiled Egg
Crispy Chicken

### Buffalo Chicken Wrap
Sliced chicken tenders dipped in Buffalo sauce and shredded cheddar wrapped in a whole grain tortilla.

### Peanut Butter & Jelly
Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

### Tootie Fruitie
A delicious gluten free box containing fresh fruit, string cheese, Go-Gurt, fresh carrots and a gluten free cereal box. It is served with a ranch packet.

## HOT ENTREES

### Cheese Pizza
Big Daddy's cheese pizza baked till golden brown.

### Boneless Wings with Roll
Artisan whole grain breaded whole muscle boneless chicken wings covered with buffalo wing sauce and served with a dinner roll and a ranch cup.

### Buffaburger
A seasoned 100% beef patty served on a whole grain bun and served with ketchup.

### Macho Nacho
Ground Beef seasoned with taco seasoning and served with Nachos, homemade Queso sauce and taco sauce.



## WHAT MAKES A COMPLETE MEAL:

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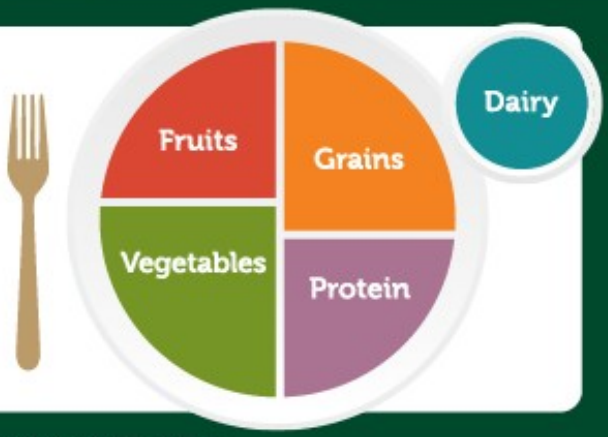


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Lunch
# MENU
WEEK: 7

# NOVEMBER
## Nov 16th—Nov 20th

Grade
K-8

## COLD ENTREES

### Pick Your Protein Salad
Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and a dinner roll. Comes with a pick your protein choice below.

### Pick Your Protein Choices
Chef (Turkey or Ham)
Hard Boiled Egg
Crispy Chicken

### Ham & Cheese Club
Sliced deli ham and cheddar cheese layered on a whole grain sub roll. Served with a mayonnaise packet.

### Peanut Butter & Jelly
Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

### Tootie Fruitie
A delicious gluten free box containing fresh fruit, string cheese, Go-Gurt, fresh carrots and a gluten free cereal box. It is served with a ranch packet.

## HOT ENTREES

### Detroit Style Pizza
Thick, crispy-edged pizza with fluffy crust, melted mozzarella, and rich pizza sauce. Topped with pepperoni.

### Chicken Tenders with Roll
Whole grain breaded boneless skinless chicken breast baked to perfection and served with a roll and a BBQ cup.

### Spicy Chicken Quesadilla
Diced Spicy crispy chicken with cheddar and mozzarella cheese folded in a whole grain tortilla and pressed till gooey and golden. Served with a ranch cup.

### Breakfast Sandwich
A fried egg served on a warm fluffy biscuit topped with cheddar cheese.



## WHAT MAKES A COMPLETE MEAL:

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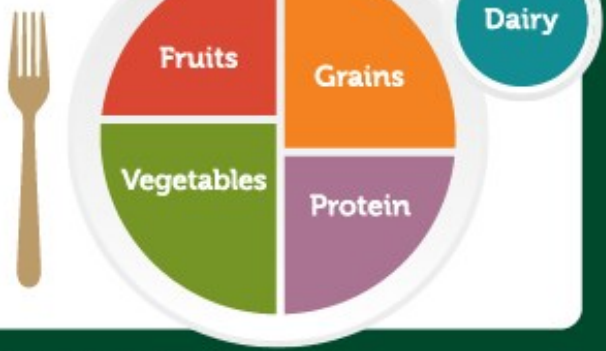


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Lunch
**MENU**
WEEK: 8

# NOVEMBER
## Nov 30th—Dec 4th

Grade
K-8

## COLD ENTREES

### Pick Your Protein Salad
Freshly cut romaine lettuce topped with carrots, grape tomatoes and shredded cheddar cheese. Served with a ranch cup and a dinner roll. Comes with a pick your protein choice below.

### Pick Your Protein Choices
Chef (Turkey or Ham)
Hard Boiled Egg
Crispy Chicken

### Chicken Tender Sub
Chicken tenders and provolone cheese stuffed into a whole grain sub roll. Served with a mayo packet.

### Peanut Butter & Jelly
Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

### Tootie Fruitie
A delicious gluten free box containing fresh fruit, string cheese, Go-Gurt, fresh carrots and a gluten free cereal box. It is served with a ranch packet.

## HOT ENTREES

### Cheese Pizza
Big Daddy's cheese pizza baked till golden brown.

### Chicken Croissant Club
A crispy chicken patty served on a croissant topped with bacon and provolone. Served with mayo.

### Grilled Cheese
A homemade grilled cheese sandwich with whole grain bread and cheddar cheese.

### Baked Ziti
Homemade whole grain ziti noodles mixed with homemade tomato sauce, ground beef and mozzarella cheese then baked to perfection.



## WHAT MAKES A COMPLETE MEAL:

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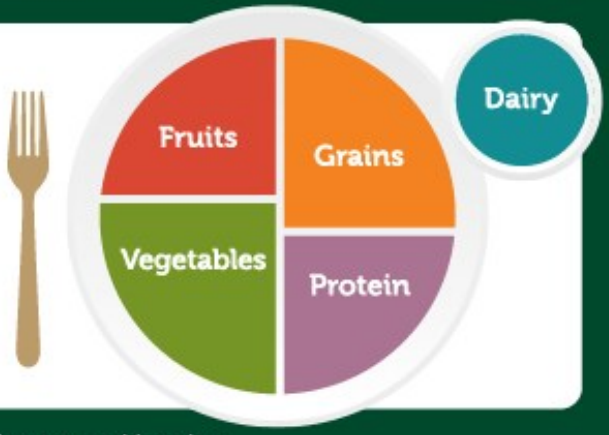


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