

NOVEMBER 20 - DECEMBER 15

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE "HEALTHIER" ■ INDICATION ON ENTREES MEANS <350 CAL, <5 G SAT. FAT, ON SOUP, SALAD, SIDES MEANS <250 CAL, <5 G SAT. FAT, ON BAKED GOODS MEANS <230 CAL, <5 G FAT



VEGETARIAN OPTION ▼
LOW FAT OPTION ♥
HEALTHIER OPTION ■

SALAD BAR AND FRESH FRUIT ALWAYS AVAILABLE FOR LUNCH/BRUNCH/DINNER.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE.

THANKSGIVING BREAK

NOV 20

Breakfast
Applesauce or Fresh Fruit
Whole Grain Egg & Cheese Biscuit
Whole Grain Cereal, Fruited Yogurt, 1% Milk

Lunch
Chef's Salad

BBQ Chicken
BBQ Vegetarian Chicken ♥▼

Whole Grain Biscuit
Sweet Potato Fries
Diced Peach Cup

Snack: Whole Grain Goldfish
Apple Juice

21

Breakfast
Banana or Fresh Fruit
Whole Grain Croissant
Turkey Sausage
Whole Grain Cereal, Fruited Yogurt, 1% Milk

Lunch
Asian Spinach Salad

Teriyaki Beef or Chicken
Vegetarian Teriyaki Chicken ♥▼

Fried Brown Rice
Stir Fry Veggies
Mandarin Oranges or Fresh Fruit Salad

22

23

24

27

Breakfast
Banana
Whole Grain English Muffin
Scrambled Eggs
Whole Grain Cereal, Fruited Yogurt, 1% Milk

Lunch
Brazilian Salad

Beef Tacos
Black Bean Tacos ▼

WG Texas Brown Rice
Baby Carrots w/Ranch Dip
Pineapple

Snack: Nutrigrain Cereal Bar
Mandarin Oranges

28

Breakfast
Fruit Salad
Whole Grain Biscuit
Turkey Sausage
1% Milk

Lunch
Orange Romaine Salad

Jumbo Cheese Ravioli ♥
Vegetarian Chicken Strips ▼

Whole Grain Breadstick
Sauteed Fresh Broccoli
Mandarin Oranges

Snack: Whole Grain Pretzels
Apple Juice

29

Breakfast
Whole Grain Croissant
Chicken Sausage Link
4 oz Orange Juice
Fruited Yogurt, 1% Milk

Lunch
Black Bean & Tomato Salad

Sweet & Spicy Chicken Wings
Grilled Veggie Chicken Caesar Salad ▼

Lemon Zest Brown Rice
Roasted Zucchini
Fresh Strawberries

Snack: Teddy Grahams
Fruit Cup

30

Breakfast
Sliced Apples
Whole Grain Mini Pancakes
1% Milk

Lunch
Beef Hot Dog
Grilled Cheese
Vegetarian Chili ▼

Whole Grain Bun
Marinated Cucumbers
Banana

Snack: Multigrain Sunchips
Apple

DEC 1

Breakfast
Mandarin Oranges
Whole Grain Cereal
Fruited Yogurt
1% Milk

Lunch
Brazilian Salad

Whole Grain Fish Sticks ♥
Vegetarian Chicken Strips ▼

Whole Grain Roll
Roasted Green Beans
Macaroni & Cheese
Cut Melon or Chilled Peaches

4

Breakfast
Fruit Cup
Whole Grain Honey Biscuit
Chicken Tender
Whole Grain Cereal, Fruited Yogurt, 1% Milk

Lunch
Italian Chopped Salad

Whole Grain Cheese Pizza
Whole Grain Cheese Pizza ▼

Whole Grain Crust
Sauteed Fresh Broccoli
Sliced Apples

Snack: Yogurt
Whole Grain Pretzels

5

Breakfast
Banana
Whole Grain Blueberry Muffins
Scrambled Eggs
1% Milk

Lunch
Orange Romaine Salad

Sliced Grilled Chicken ♥
Beef Flank Steak
Veggie Grilled Chick'N Strips ▼

Whole Grain Roll
Crispy Fries
Sweet Skillet Corn
Chilled Pineapple

Snack: Nutrigrain Cereal Bar
Cheese Stick

6

Breakfast
Oranges
Whole Grain Bagel
Turkey Sausage Patty
Fruited Yogurt
1% Milk

Lunch
Spinach & Fruit Salad

BBQ Meatballs
BBQ Vegan Meatballs ♥▼

Lemon Zest Brown Rice
Honey Glazed Carrots
Banana

Snack: Peach Cup
Teddy Grahams

7

Breakfast
Sliced Apples
Pancake on a Stick
Smoothie
1% Milk

Lunch
Tomato Basil Salad

Southwest Chicken Wrap
Vegetarian Southwest Wrap ▼

Whole Grain Tortilla
Sun Chips
Peach Cup

Snack: Whole Grain Goldfish
Apple Juice

8

Breakfast
Grapes
Whole Grain Cereal
Fruited Yogurt
1% Milk

Lunch
Arugula & Herb Salad
Grilled Pub Burgers
Veggie Burgers ♥▼

Whole Grain Bun
Roasted Potato Wedges
Pineapple Cup

11

Breakfast
Fruit Salad
Whole Grain Croissant
Chicken Sausage Patty
Potatoes
Whole Grain Cereal, Fruited Yogurt, 1% Milk

Lunch
Marinated Vegetable Salad

Breaded Chicken Sandwich
Grilled Veggie Chick'N Caesar Sandwich ▼

Whole Grain Bun ♥
Sun Chips
Black Eyed Pea Salsa
Oranges

Snack: WG Popcorn
Peach Cup

12

Breakfast
Sliced Apples
Whole Grain Honey Biscuit
Turkey Sausage
1% Milk

Lunch
Orange Romaine Salad

Steak Quesadilla
Vegetarian Steak Quesadilla ♥▼

Whole Grain Tortilla
Roasted Sweet Potato Fries
Peaches

Snack: Sunchips
Fruit Juice

13

Breakfast
Banana
Whole Grain Pop Tart
Scrambled Eggs
Fruited Yogurt
1% Milk

Lunch
Chopped Salad

Jamaican Jerk Chicken Wings
Vegan Jamaican Jerk Chick'N Strips ▼

Whole Grain Yellow Rice ♥
Sauteed Fresh Broccoli
Pineapple

Snack: Yogurt
Graham Crackers

14

Breakfast
Fresh Grapes
Whole Grain Cinnamon Bun
Turkey Bacon
1% Milk

Lunch
South Beach Chopped Salad

Beef Hot Dog
Vegetarian Meatball Sub ▼

Whole Grain Bun
Roasted French Fries
Oranges

Snack: Sliced Apples
Whole Grain Goldfish

15

Breakfast
Oranges
Whole Grain Cereal
Fruited Yogurt
1% Milk

Lunch
Chef Salad

Grilled Cheese Sandwich
Veggie Wrap ▼

Whole Grain Bread
Tomato Soup
Baby Carrots w/Ranch Dressing
Banana