POSITIVE EDUCATION PROGRAM

NOVEMBER LUNCH MENU 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2 2/3 C MACARONI & CHEESE 1 C BROCCOLI ½C FRESH APPLE ½ C APPLE JUICE WGR ROLL (1 WHOLE GRAIN) MARGARINE 1 C MILK	11/3 CHICKEN LEG (2 MEATS, 2 WHOLE GRAINS) 1 WGR SLBREAD/MARGARINE 1C GREEN BEANS ½C APPLESAUCE 1 C FRUIT PUNCH 1C. MILK	11/4 3 WGR PANCAKES 2 TURKEY SAUSAGE LINKS 1C. POTATOES 1/2C. TROPICAL FRUIT 1/2C. GRAPE JUICE 1C. MILK	11/5 2 0Z. TACO MEAT 1 OZ. CHEDDAR CHEESE (2 MEATS, 1 MA), 1 SOFT SHELL TORTILLA 1 C BLACK BEANS ½C MANDARIN ORANGES ½ C ORANGE TANGERINE JUICE SALSA PKT 1 C MILK	11/6 BUFFALO CALZONE (2 MEATS, 2 WHOLE GRAINS) 11/4C. FRESH CARROTS ½C PINEAPPLE ½ C VERRY BERRY JUICE 1 C MILK
11/9 ENCHILADA 1 C GREEN BEANS ½C FRESH APPLE ½ C. APPLE JUICE 1C MILK	11/10 CHICKEN ALFREDO (2 MEAT ALT., 2 WHOLE GRAINS) 1 C BROCCOLI ½C APPLESAUCE ½ C FRUIT PUNCH 1 C MILK	11/11 POPCORN CHICKEN BOWL 2OZ POPCORN CHICKEN 1/2C. MASH POTATOES 1/2C. CORN 1OZ. CHICKEN GRAVY 1PK GOLDFISH GRAHAMS 1/2C. TROPICAL FRUIT 1/2C. GRAPE JUICE 1C. MILK	11/12 CHEESEBURGER ON WGR BUN (2 MEATS, 3 WHOLE GRAIN) 1 C BAKED BEANS ½C MANDARIN ORANGES ½ C ORANGE TANGERINE JUICE 1 C MILK	11/13 GRILLED CHEESE (2 MEAT ALT, 2 WHOLE GRAINS) 11/4 C FRESH CARROTTS ½C PINEAPPLE ½ C VERRY BERRY JUICE 1 C MILK
11/16 (3 /.67 OZ) CHICKEN TENDERS (2 MEATS, 1 WHOLE GRAIN) 1 C BROCCOLI GOLDFISH CRACKERS (1 WHOLE GRAIN) ½C FRESH APPLE ½ C. APPLE JUICE BBQ SAUCE 1 C MILK	11/17 CHICKEN RICE BOWL 2OZ.FAJITA CHICKEN 3/4C. SOUTHWEST RICE 1C. BLACK BEANS 1OZ. CHEDDAR CHEESE 1/2C APPLESAUCE 1/2C. FRUIT PUNCH 1C. MILK	11/18 HAMBURGER ON WGR BUN (2 MEATS, 2 WHOLE GRAINS) 1 C TATER TOTS ½C TROPICAL FRUIT ½ C GRAPE JUICE KETCHUP / MUSTARD PKT 1 C MILK	11/19 MINI CORNDOG (2 MEATS, 2 WHOLE GRAINS) 1 C BAKED BEANS ½C MANDARIN ORANGES ½ C LEMONADE JUICE 1 C MILK	11/20 **NO SCHOOL**
11/23 BEEF RIB PATTY W/ BUN 1 C BAKED BEANS FRESH APPLE ½ C APPLE JUICE 1 BUN 1 C MILK	11/24 2OZ. TURKEY/1OZ. GRAVY (2 MEATS) 1/2C.MASHED POTATOES 1/2C. STUFFING ½C APPLESAUCE ½ C FRUIT PUNCH 1 C MILK	11/25 **NO SCHOOL**	11/26 **NO SCHOOL**	11/27 **NO SCHOOL**
11/30 2/3 C MACARONI & CHEESE 1 C BROCCOLI ½C FRESH APPLE ½ C APPLE JUICE WGR ROLL (1 WHOLE GRAIN) MARGARINE 1 C MILK				

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