

NOVEMBER LUNCH  
ECE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<ul style="list-style-type: none"> <li>chicken taco trio</li> <li>steak fajita bowl</li> <li>egg salad sandwich (df) (vg)</li> <li>o lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>chicken potstickers (df)</li> <li>cheese pizza (vg)</li> <li>cheddar cheese sandwich (vg)</li> <li>df option by request</li> <li>lettuce and tomatoes with ranch</li> </ul>
5	6	7	8	9
<ul style="list-style-type: none"> <li>mac &amp; cheese and bbq chicken</li> <li>bean and cheese quesadilla (vg)</li> <li>turkey and cheddar sandwich</li> <li>o seasoned green beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>chicken teriyaki (df)</li> <li>chicken gumbo &amp; cornbread</li> <li>hummus dippers (vg)</li> <li>o orangy carrots</li> </ul>	<ul style="list-style-type: none"> <li>cheesy pizza bites (vg)</li> <li>beef cheeseburger</li> <li>chicken salad sandwich (df)</li> <li>o lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>cheese enchilada plate (vg)</li> <li>chicken bites</li> <li>df option by request</li> <li>o warm pinto beans</li> <li>o grape tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (df)</li> <li>sweet garlic noodles with chicken</li> <li>sunny sandwich kit (sunbutter &amp; jelly) (vg)</li> <li>df option by request</li> <li>o green peas</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>grilled chicken bites with bbq bean sauce (df)</li> <li>cheesy chicken quesadilla</li> <li>cheddar cheese sandwich (vg)</li> <li>o steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>mongolian beef</li> <li>meatless "sausage" calzoni</li> <li>southwest veggie wrap (vg)</li> <li>df option by request</li> <li>o warm pinto beans</li> <li>o diced carrots</li> </ul>	<ul style="list-style-type: none"> <li>holiday roast turkey lunch (df)</li> <li>bbq "beef" calzoni (df)(vg)</li> <li>turkey and cheddar sandwich</li> <li>o seasoned green beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>cheese pizza (vg)</li> <li>beef cheeseburger</li> <li>sesame chicken wrap (df)</li> <li>o lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>general tso's chicken</li> <li>five cheese lasagna (vg)</li> <li>egg salad sandwich (vg)(df)</li> <li>o sweet potatoes</li> </ul>
19	20	21	22	23
<ul style="list-style-type: none"> <li>beef burger (df)</li> <li>bean and cheese quesadilla (vg)</li> <li>chicken salad sandwich (df)</li> <li>o steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (df)</li> <li>chicken taco trio</li> <li>sunny sandwich kit (sunbutter &amp; jelly) (vg)</li> <li>df option by request</li> <li>o steamed carrots</li> </ul>	<ul style="list-style-type: none"> <li>cheesy pizza bites (vg)</li> <li>chicken bites</li> <li>egg salad sandwich (vg)(df)</li> <li>o seasoned green beans with ranch (chilled)</li> </ul>	<p>HAPPY THANKSGIVING!</p> 	<p>No School</p>
26	27	28	29	30
<ul style="list-style-type: none"> <li>bfst for lunch: pancakes &amp; omelet (v)</li> <li>buffalo chicken pizza</li> <li>mighty meaty deli combo sandwich</li> <li>DF option by request</li> <li>o steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>cheese pizza (vg)</li> <li>turkey &amp; cheddar sandwich</li> <li>DF option by request</li> <li>o seasoned green beans (chilled)</li> </ul>	<ul style="list-style-type: none"> <li>pasta with zesty beef</li> <li>chicken bites</li> <li>egg salad sandwich (vg)(df)</li> <li>o warm pinto beans</li> <li>o diced carrots</li> </ul>	<ul style="list-style-type: none"> <li>beef burger (df)</li> <li>chicken and chile tamale</li> <li>southwest veggie wrap (vg)</li> <li>o lettuce and tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>oven roasted chicken sandwich (df)</li> <li>cheese pizza (vg)</li> <li>sesame chicken wrap (df)</li> <li>o sweet potatoes</li> </ul>

DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

o **Vegetable** of the day