

# November K-8 Lunch Menu

# 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menu Subject to Change.</b></p> <p>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</p>		<p><b>Beef Nachos 1</b></p> <p>½ c Fresh banana (15) ½ c Black beans (23) ½ c Tomato salsa 1oz Ground beef 1oz Shredded cheddar 2oz WG tortilla chips (37)</p>	<p><b>Homestyle Ham Dinner 2</b></p> <p>4oz 100% juice (15) ¼ c Green beans 2oz Sliced turkey ham over ½ c Cheesy potatoes 2oz (2 each) WG dinner rolls (28)</p>	<p><b>BBQ Chicken Sandwich 3</b></p> <p>½ c Fresh banana (15) ½ c Kernel corn (12) ¼ c Diced carrots 2oz Shredded chicken with BBQ sauce on 2oz WG burger bun (24)</p>
	<p><b>Chicken Nuggets 6</b></p> <p>4oz 100% juice (15) ½ c BBQ beans (26) ¼ c Diced carrots 5 each WG chicken nuggets (12) (2oz meat, 1oz grain) BBQ packet</p>	<p><b>Apple Chicken Sausage 7</b></p> <p>½ c Fresh apple (15) ¾ c Green beans (5) 2oz Apple chicken sausage with ¼ c Spaghetti sauce over ½ c WG pasta (20) 1oz WG breadstick (14)</p>	<p><b>Hot Dog 8</b></p> <p>½ c Fresh banana (15) ¾ c Steamed broccoli (5) 2oz Turkey hot dog on 2oz WG hot dog bun (23) Ketchup packet</p>	<p><b>Breakfast Muffin 9</b></p> <p>4oz 100% juice (15) ¾ c Tater tots (20) 1.5oz Scrambled egg patty, 0.5oz American cheese on 2oz WG English muffin (24) Ketchup packet</p>
<p><b>Swedish Meatballs 13</b></p> <p>4oz 100% juice (15) ¾ c Steamed broccoli (5) 2oz Meatballs in gravy over ½ c WG pasta (20) 1oz WG breadstick (14)</p>	<p><b>Ham Cheese Stack 14</b></p> <p>½ c Diced peaches (15) ¾ c Fresh baby carrots (9) 1oz Sliced turkey ham, 1oz American cheese 1oz WG wheat crackers (20) 1oz WG waffle snap (21) Ranch packet</p>	<p><b>Hamburger 15</b></p> <p>½ c Fresh banana (15) ¾ c Tater tots (20) 2oz Beef patty on 2oz WG bun (24) Ketchup packet</p>	<p><b>BBQ Chicken Casserole 16</b></p> <p>4oz 100% juice (15) ¾ c Green beans (5) 2oz Roasted chicken with BBQ sauce over ½ c Brown rice (22)</p>	<p><b>Chicken Taco 17</b></p> <p>½ c Fresh banana (15) ½ c Pinto beans (23) ¼ c Diced carrots 1.5oz Taco seasoned chicken, 0.5oz Shredded cheddar on 2oz WG flatbread (43) Taco sauce packet</p>
<p><b>Homestyle Turkey Dinner 20</b></p> <p>4oz 100% juice (15) ¼ c Green beans 2oz Roasted turkey over ½ c Mashed potatoes with gravy 2oz (2 each) WG dinner rolls (28)</p>	<p><b>Chicken Nuggets 21</b></p> <p>½ c Fresh apple (15) ½ c BBQ beans (26) ¼ c Diced carrots 5 each WG chicken nuggets (12) (2oz meat, 1oz grain) BBQ packet</p>	<p><b>Turkey Cheese Sandwich 22</b></p> <p>½ c Applesauce (15) ½ c Fresh baby carrots (6) 4oz Vegetable juice (12) 1.5oz Sliced turkey breast, 0.5oz American cheese on 2oz WG bread (26) Ranch packet</p>	<p><b>23</b></p> <p><b>NO SERVICE</b></p>	<p><b>24</b></p> <p><b>NO SERVICE</b></p>
<p><b>Cheese Pizza 27</b></p> <p>4oz 100% juice (15) ¾ c Fresh baby carrots (6) WG cheese pizza (37) (2oz meat, 2oz grain) Ranch packet</p>	<p><b>Corn Dog 28</b></p> <p>½ c Fresh apple (15) ¾ c Green beans (7) WG chicken corn dog (30) (2oz meat, 2oz grain) Ketchup packet</p>	<p><b>Pasta with Meat Sauce 29</b></p> <p>½ c Fresh banana (15) ¾ c Steamed broccoli (5) ½ c WG pasta (20) with ¼ c Spaghetti sauce 1oz Ground beef, 1oz Shredded mozzarella 1oz WG breadstick (14)</p>	<p><b>Sloppy Joe 30</b></p> <p>4oz 100% juice (15) ½ c Pinto beans (23) ¼ c Kernel corn (12) 2oz Ground beef with sauce on 2oz WG bun (24)</p>	

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