





November 2019 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Grapes					November 1 NO SCHOOL STAFF DEVELOPMENT
Spotlight Fruit of the Week: Bananas	November 4 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Sliced Carrots Peaches	November 5 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Mixed Fruit	November 6 Roasted BBQ Chicken Leg with Honey Wheat Dinner Roll* Kettle-Baked Beans Corn on the Cob Pineapple	November 7 Chicken Corn Dog* Ranch-Flavored Potato Wedges Applesauce	November 8 Turkey Pepperoni Personal Pan Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Fresh Pears	November 11 Oven-“Fried” Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	November 12 Meatball Sub* with Marinara & Mozzarella Green Beans Mixed Fruit	November 13 Turkey Ham, Egg & Cheese English Muffin Sandwich* Baby Carrots Pineapple	November 14 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Applesauce	November 15 4-Meat Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Grapes	November 18 Rotini with Homemade Meat Sauce California Blend Veggies Peaches	November 19 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Mixed Fruit	November 20 Southwest Chicken Cheese EdiBowl* with Seasoned White Rice, Black Beans, Salsa & Sour Cream Baby Carrots Pineapple	November 21 Turkey a la King & Honey Corn Biscuit* Seasoned Potatoes Green Beans Snickerdoodle Cookie* Applesauce	November 22 Bosco Stick* with Marinara Dipping Sauce Broccoli Florets Pears
Spotlight Fruit of the Week: Bananas	November 25 Orange Chicken White Rice Sliced Carrots Peaches	November 26 Toasted Cheese Sandwich* Capri Blend Veggies Mixed Fruit	November 27 NO SCHOOL THANKSGIVING HOLIDAY	November 28  	November 29

Served Each Day:

Salad / Fresh Fruit / Sunbutter & Jelly Sandwich* with Yogurt Cup / Milk (1% & Skim White Plus Fat-Free Chocolate)

Additional Fresh Entrées Offered Daily:

Monday – All-American Cheeseburger on a Bun* / **Tuesday** – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce / **Wednesday** – Super Nachos* with Salsa or Taco* with Garnish Cup & Salsa (on alternating weeks) / **Thursday** – Plain or Spicy Breaded Chicken Sandwich* with Lettuce & Tomato / **Friday** – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy’s cheesy pizza rotate each week)

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items

In November, our Culinary Explorations group travels to Virginia to spend time at Shenandoah National Park. Shenandoah National Park is located in the Blue Ridge Mountain region. The Blue Ridge Mountains are believed to be around 500 million years old. They got their name because of their blue color when viewed at a distance. Did you know that 101 miles of the famed Appalachian Trail are located within the park’s boundaries? Our meal of the month, inspired by the great outdoors, includes turkey a la king, seasoned potatoes, and corn biscuits. Enjoy!