

# NOVEMBER | 2023



## Grab and Go Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>30</b> Buffalo Chicken and Cheddar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Coleslaw Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>31</b> Buffalo Chicken and Cheddar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>1</b> Buffalo Chicken and Cheddar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>2</b> Buffalo Chicken and Cheddar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>3</b> Chicken Caesar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>
<p><b>6</b> Chef Salad (2 oz. <b>M/MA</b>) 2 oz. <b>WG</b> Cheese Crackers 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>7</b> Chef Salad (2 oz. <b>M/MA</b>) 2 oz. <b>WG</b> Cheese Crackers 1 Cup Coleslaw Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>8</b> Chef Salad (2 oz. <b>M/MA</b>) 2 oz. <b>WG</b> Cheese Crackers 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>9</b> Chef Salad (2 oz. <b>M/MA</b>) 2 oz. <b>WG</b> Cheese Crackers 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>10</b> Chicken Caesar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>
<p><b>13</b> Roasted Turkey and Provolone Sub (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>14</b> Roasted Turkey and Provolone Sub (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>15</b> Roasted Turkey and Provolone Sub (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Coleslaw Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>16</b> Roasted Turkey and Provolone Sub (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>17</b> Chicken Caesar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>
<p><b>20</b> Sliced Chicken and Turkey Bacon Sandwich (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>21</b> Sliced Chicken and Turkey Bacon Sandwich (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>22</b> Sliced Chicken and Turkey Bacon Sandwich (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>23</b> Sliced Chicken and Turkey Bacon Sandwich (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>24</b> Chicken Caesar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Coleslaw Choice of Fruit Cup and/or Juice 8 oz. Milk</p>
<p><b>27</b> Buffalo Chicken and Cheddar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Coleslaw Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>28</b> Buffalo Chicken and Cheddar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>29</b> Buffalo Chicken and Cheddar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>30</b> Buffalo Chicken and Cheddar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p><b>1</b> Chicken Caesar Wrap (2 oz. <b>WG</b>, 2 oz. <b>M/MA</b>) 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>

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1% white milk offered. Nutrient content and ingredients are available upon request. No Pork or nut products offered.