

# NOVEMBER | 2023



## NSLP Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> 6 Mini Chicken Corn Dogs (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz. California Medley 4 oz. Pears 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>31</b> 3 oz. Meatloaf 2 oz. <b>WG</b> Dinner Roll 10 oz. Sweet Potato Tots 4 oz. Fruit Cocktail 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>1</b> 6 Parmesan, Garlic, and Herb Perogies (1 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 1 oz. <b>WG</b> Breadstick 8 oz. Spinach Salad 4 oz. Peaches 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>2</b> 5 oz. Red Chili Cheese Burrito (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz. <b>HM</b> Corn and Peppers 4 oz. Mandarin Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>3</b> Grilled Cheese Sandwich (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz. Baked Beans 4 oz. Tropical Fruit 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk
<b>6</b> 3 oz. <b>HM</b> Beef Tamale Pie 2 oz. <b>WG</b> Cornbread 8 oz. Fiesta Black Beans 4 oz. Pears 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>7</b> 5 each Baked Chicken Nuggets (1 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 1 oz. <b>WG</b> Dinner Roll 8 oz. Green Beans 4 oz. Fruit Cocktail 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>8</b> Cheese Quesadilla (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 10 oz. Carrots 4 oz. Peaches 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>9</b> Beef Pepperoni Calzone (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz. Broccoli 4 oz. Mandarin Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>10</b> Cheese Ravioli with <b>HM</b> Alfredo (1 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 1 oz. <b>WG</b> Breadstick 8 oz. Sweet Peas 4 oz. Tropical Fruit 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk
<b>13</b> 2 oz. Beef Hamburger 2 oz. <b>WG</b> Bun 8 oz. Waffle Fries 4 oz. Pears 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>14</b> 2 oz. Sliced Beef Frank 2 oz. <b>WG</b> Cornbread 8 oz. Baked Beans 4 oz. Fruit Cocktail 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>15</b> 3 oz. General Tso Chicken 8 oz. Brown Rice 8 oz. California Medley 4 oz. Peaches 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>16</b> 3 oz. BBQ Meatballs 2 oz. Dinner Roll 10 oz. Sweet Potato Tots 4 oz. Mandarin Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>17</b> 5 Cheese Lasagna Roll (1 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) With <b>HM</b> Tomato Sauce 1 oz. <b>WG</b> Breadstick 8 oz. Spinach 4 oz. Tropical Fruit 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk
<b>20</b> 3 oz Turkey Pot Roast (2 oz. <b>M/MA</b> ) 10 oz. Carrots 2 oz. <b>WG</b> Cornbread 4 oz. Pears 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>21</b> Deep Dish Cheese Pizza (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz. Broccoli 4 oz. Fruit Cocktail 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>22</b> Chicken Patty Sandwich (1 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 2 oz. <b>WG</b> Bun 8 oz. Steak Fries 4 oz. Peaches 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>23</b> 3 oz. <b>HM</b> Walking Taco 2 oz. <b>WG</b> Tortilla Chips 8 oz. Fiesta Black Beans 4 oz. Mandarin Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>24</b> 12 oz <b>WG</b> Macaroni and Cheese (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz Green Beans 4 oz Tropical Fruit 4 oz Juice / Alt. Fruit Bar 8 oz. Milk
<b>27</b> 6 Mini Chicken Corn Dogs (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz. California Medley 4 oz. Pears 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>28</b> 3 oz. Meatloaf 2 oz. <b>WG</b> Dinner Roll 10 oz. Sweet Potato Tots 4 oz. Fruit Cocktail 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>29</b> 6 Parmesan, Garlic, and Herb Perogies (1 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 1 oz. <b>WG</b> Breadstick 8 oz. Spinach Salad 4 oz. Peaches 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>30</b> 5 oz. Red Chili Cheese Burrito (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz. <b>HM</b> Corn and Peppers 4 oz. Mandarin Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk	<b>1</b> Grilled Cheese Sandwich (2 oz. <b>WG</b> , 2 oz. <b>M/MA</b> ) 8 oz. Baked Beans 4 oz. Tropical Fruit 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk

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