



# NOVEMBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>NO PORK SERVED ON THIS MENU</b>  <b>WG= WHOLE GRAIN</b>  <b>LS=LOW SODIUM</b>  <b>TOSSED SALAD= ROMAINE AND SPINACH AND SOME ICEBERG BLEND</b></p>			<p><b>1</b>  <i>Baked Chicken Drumsticks</i>  <i>Parsley Potatoes</i>  <i>Baby Carrots</i>  <i>WG Biscuit/Butter</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>2</b>  <b>NO SCHOOL</b></p>
<p><b>5</b>  <i>WG Cheese Lasagna Roll Up w/ Marinara</i>  <i>WG Garlic Breadstick</i>  <i>Tossed Salad/Dressing</i>  <i>Baby carrots</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>6</b>  <i>BBQ Beef Meatballs</i>  <i>Honey Glazed Butternut Squash</i>  <i>Fresh Broccoli Florets/Ranch</i>  <i>Sliced Bread/Butter</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>7</b>  <i>Turkey &amp; Cheese Sandwich on WG Bun w/Mayo</i>  <i>Steamed Green Beans</i>  <i>Fresh Cauliflower/Ranch</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>8</b>  <i>Beef Spaghetti Hotdish</i>  <i>WG Garlic Breadstick</i>  <i>Tossed Salad/Dressing</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>9</b>  <i>WG Chicken Burger on WG Bun w/ Mayo</i>  <i>Grape Tomatoes</i>  <i>Ranch Beans</i>  <i>Fruit</i>  <i>Milk</i></p>
<p><b>12</b>  <i>Roasted Sliced Turkey</i>  <i>Mashed Potatoes &amp; Gravy</i>  <i>Tossed Salad/Dressing</i>  <i>WG Dinner Roll/Butter</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>13</b>  <i>Fajita Chicken Strips on WG Tortilla</i>  <i>Shredded Lettuce, Cheese &amp; Sour Cream</i>  <i>Refried Beans</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>14</b>  <i>Turkey Sausage Pancake on a Stick w/Maple Syrup</i>  <i>Breakfast Potatoes</i>  <i>Fresh Sliced Cucumbers</i>  <i>Fruit Juice</i>  <i>Milk</i></p>	<p><b>15</b>  <i>Homemade Beef Chili w/Crackers &amp; Shredded Cheddar Cheese</i>  <i>WG Cheese Stuffed Breadstick</i>  <i>Baby Carrots</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>16</b>  <i>WG Chicken Mini Corndogs w/ Ketchup &amp; Mustard</i>  <i>Tossed Salad/Dressing</i>  <i>Grape Tomatoes</i>  <i>Fruit</i>  <i>Milk</i></p>
<p><b>19</b>  <i>Beef Salisbury Steak w/Ketchup Topping</i>  <i>Seasoned Mashed Potatoes</i>  <i>Celery Sticks/Ranch</i>  <i>WG Dinner Roll/Butter</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>20</b>  <i>BBQ Chicken on WG Bun</i>  <i>Steamed Carrot</i>  <i>Tossed Salad/Dressing</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>21</b>  <b>NO SCHOOL</b></p>	<p><b>22</b>  <b>NO SCHOOL</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Happy Thanksgiving!</p> </div>	<p><b>23</b>  <b>NO SCHOOL</b></p>
<p><b>26</b>  <i>Teriyaki Glazed Chicken over Brown Rice Pilaf</i>  <i>Tossed Salad/Dressing</i>  <i>Fresh Cauliflower/Ranch</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>27</b>  <i>Beef Sloppy Joes on WG Bun</i>  <i>Baby Carrots</i>  <i>Seasoned Pinto Beans</i>  <i>Fruit</i>  <i>Milk</i></p>	<p><b>28</b>  <i>WG Chicken Nuggets w/BBQ Sauce</i>  <i>Vegetable Ranch Pasta Salad</i>  <i>Steamed Carrots</i>  <i>Orange Smiles</i>  <i>Milk</i></p>	<p><b>29</b>  <i>Egg &amp; Cheese Omelet</i>  <i>Breakfast Potatoes</i>  <i>Grape Tomatoes</i>  <i>Wg Blueberry Muffin</i>  <i>Fruit Juice</i>  <i>Milk</i></p>	<p><b>30</b>  <b>NO SCHOOL</b></p>



Additional condiments available upon request.  
 THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. MENUS SUBJECT TO CHANGE BASED ON AVAILABILITY OF ITEMS  
 \* INGREDIENTS SUCH AS PEANUTS, NUTS/SEEDS, MILK, EGG, SOYBEAN, GLUTEN, AND OTHER PRODUCTS MAY BE USED IN THE PRODUCTION OF THE MENUS.  
 Questions on the menu please visit [www.newhorizonfoods.com](http://www.newhorizonfoods.com) or [info@newhorizonfoods.com](mailto:info@newhorizonfoods.com)