



NOVEMBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NO PORK SERVED ON THIS MENU WG= WHOLE GRAIN LS=LOW SODIUM TOSSED SALAD= ROMAINE AND SPINACH AND SOME ICEBERG BLEND</p>				<p>1 NO SCHOOL</p>
<p>4 BBQ Beef Meatballs Honey Glazed Butternut Squash Fresh Broccoli Florets/ Ranch Sliced Bread/ Butter Fruit Milk</p>	<p>5 WG Chicken Patty on WG Bun w/ Mayo Grape Tomatoes Ranch Beans Fruit Milk</p>	<p>6 WG Cheese Lasagna Roll Up W/ Marinara WG Garlic Breadstick Tossed Salad/ Dressing Baby carrots Fruit Milk</p>	<p>7 Chicken Breast Parsley Potatoes Cauliflower w/ Ranch Fruit Milk</p>	<p>8 WG Chicken Mini Corndogs W/ Ketchup & Mustard Tossed Salad/ Dressing Vegetarian Baked Beans Fruit Milk</p>
<p>11 Turkey & Gravy over Mashed Potatoes Tossed Salad/ Dressing WG Dinner Roll/ Butter Fruit Milk</p>	<p>12 Fajita Chicken on WG Tortilla Shredded Lettuce, Cheese & Sour Cream Picante Beans Fruit Milk</p>	<p>13 WG Fish Sticks w/tartar sauce Green Beans w/Ranch Steamed Corn Fruit Milk</p>	<p>14 Turkey Sausage Pancake on a Stick W/ Maple Syrup Breakfast Potatoes Fresh Sliced Cucumbers Fruit Milk</p>	<p>15 Beef Hot Dog on WG Bun w/Ketchup and Mustard Fresh Coleslaw Sliced Peppers Fruit Milk</p>
<p>18 Beef Salisbury Steak Seasoned Mashed Potatoes Celery Sticks/ Ranch WG Dinner Roll/ Butter Fruit Milk</p>	<p>19 BBQ Chicken on WG Bun Steamed Carrot Mixed Bean Salad Fruit Milk</p>	<p>20 Egg & Cheese Omelet Breakfast Potatoes Grape Tomatoes WG Blueberry Muffin Fruit Milk</p>	<p>21 Beef Spaghetti WG Garlic Breadstick Tossed Salad/ Dressing Fruit Milk</p>	<p>22 Deli Sandwich on WG Bun w/ Mayo Green Beans Fresh Cauliflower/ Ranch Fruit Milk</p>
<p>25 Teriyaki Glazed Chicken over Brown Rice Pilaf Tossed Salad/ Dressing Fresh Cauliflower/ Ranch Fruit Milk</p>	<p>26 Beef Sloppy Joes on WG Bun Baby Carrots Seasoned Pinto Beans Fruit Milk</p>	<p>27 NO SCHOOL</p>	<p>28 NO SCHOOL</p>	<p>29 NO SCHOOL</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 or info@newhorizonfoods.com