

NOVEMBER 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cobb Salad w/ Kale Whole Wheat Garlic Toast Sliced Grapes	4 Pork Loin Roasted Potatoes Mango Slices	5 Egg Salad Wrap Pepper Slices Cantaloupe	26 Minestrone Soup Whole Wheat Breadsticks Pineapple	7 Broccoli Beef Brown Rice Oranges
10 Chicken and White Bean Chili Corn Muffins Mixed Seasonal Fruit	11 French Toast Casserole Orange Slices Turkey Sausage Links	12 Cucumber Tomato Sandwiches w/ Dill Cream Cheese Apple Slices	13 Cranberry Turkey Wraps Tossed Salad Mango Slices	14 Chili Mac Honeydew
17 Southwestern Chicken Salad Wrap Tossed Salad w/ Kale	18 Turkey Wild Rice Casserole Roasted Veggies Sliced Grapes	19 Beef Tips and Mushrooms over Whole Wheat Noodles Spinach Salad Apple Slices	20 Lasagna Soup with Turkey Sausage Mango Slices	21 California Chicken Melt on English Muffin Bananas
24 Cheese Quesadilla Pepper Slices Orange Slices	25 BBQ Chicken Drumstick Steamed Corn Side Salad	26 Pancakes Scrambled Eggs Kiwi and Pineapple	27 CLOSED HAPPY THANKSGIVING	28 CLOSED 

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.