










LUNCH MENU

FROM MONDAY, OCTOBER 28, 2024 TO FRIDAY, NOVEMBER 1, 2024

	MONDAY October 28	TUESDAY October 29	WEDNESDAY October 30	THURSDAY October 31
MAIN ENTRÉE	 Pasta Marinara with Cheese  	Sweet Carolina BBQ Chicken  Whole Wheat Bread  	General Tso's Glazed Turkey Meatballs with Egg Noodles    	Diwali: Chicken Biryani 
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Roasted Carrots	 Steamed Green Beans	 Steamed Broccoli	 Sauteed Spinach
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 
































 Vegetarian  Vegan  Gluten  Egg  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.
 We serve beans weekly, up to 3/4 cup per week.
 This institution is an equal opportunity provider.

non-vegetarian

LUNCH MENU

FROM MONDAY, NOVEMBER 4, 2024 TO FRIDAY, NOVEMBER 8, 2024

	MONDAY November 4	WEDNESDAY November 6	THURSDAY November 7	FRIDAY November 8
MAIN ENTRÉE	 Three Cheese Baked Pasta  	Turkey Tacos   Flour Tortillas  	Chicken Tenders    Whole Wheat Bread  	 Cheese Pizza   
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Steamed Peas & Carrots	 Steamed Corn	 Steak Fries 	 Vegetable Medley
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

















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LUNCH MENU

FROM MONDAY, NOVEMBER 11, 2024 TO FRIDAY, NOVEMBER 15, 2024

	TUESDAY November 12	WEDNESDAY November 13	THURSDAY November 14	FRIDAY November 15
MAIN ENTRÉE	 Cheese Ravioli with Butter Sauce	 Brunch for Lunch: Pancakes Turkey Bacon	 Tex Mex Turkey Meatballs over Mexican Style Red Rice	 Teriyaki Chicken Lo Mein
VEGETARIAN ENTRÉE	 Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches	 Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches	 Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches	 Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches
VEGETABLES ¾ C	 Roasted Carrots	 Hash Browns	 Steamed Broccoli	 Vegetable Medley
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 










































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LUNCH MENU

FROM MONDAY, NOVEMBER 18, 2024 TO FRIDAY, NOVEMBER 22, 2024




















	MONDAY November 18	TUESDAY November 19	WEDNESDAY November 20	THURSDAY November 21	FRIDAY November 22
MAIN ENTRÉE	 Penne Pasta with Tomato Cream Sauce  	 Ground Beef Burrito Bowl	Thanksgiving Meal: Roasted Turkey with Gravy On The Side   	Indian Style Butter Chicken Over Rice 	 Cheese Pizza   
			 Whole Wheat Bread  		
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Steamed Green Beans	 Steamed Corn	 Mashed Potatoes 	 Steamed Peas & Carrots	 Vegetable Medley
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

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LUNCH MENU

FROM MONDAY, NOVEMBER 25, 2024 TO FRIDAY, NOVEMBER 29, 2024





































	MONDAY November 25	TUESDAY November 26
MAIN ENTRÉE	 Mac & Cheese  	 Popcorn Chicken    Whole Wheat Bread  
VEGETARIAN ENTRÉE Min 1 oz M/MA + 1 oz Grain	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES	 Steamed Green Beans	 Roasted Potatoes
FRUIT	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 

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LUNCH MENU

FROM MONDAY, DECEMBER 2, 2024 TO FRIDAY, DECEMBER 6, 2024

	MONDAY December 2	TUESDAY December 3	WEDNESDAY December 4	FRIDAY December 6
MAIN ENTRÉE	 Baked Ziti  	Chicken Fried Rice  	Beef Burgers  Whole Wheat Buns  	BBQ Turkey Meatballs      Whole Wheat Bread  
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Roasted Carrots	 Steamed Broccoli	 Sweet Potato Fries 	 Vegetable Medley
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 

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