

november junior

- Hot Entree
- Cold Lunch
- Hot Lunch Side



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FEATURED ITEMS

monday

tuesday

wednesday

thursday

friday



CHEESY CHEDDAR MASHED (GF, V)



CHICKEN CASSEROLE



BUILD YOUR OWN PIZZA



CREAM CHEESE & JELLY w/
EDAMAME (V)



05

- **Chicken Casserole**
- Chicken Nuggets
- Mac & Cheese (V)
- Pork w/Rice & Beans (GF)
- Sweet & Sour Tofu over Rice (GF, V)
- Turkey & Cheese Rollups w/Cucumber
- Baked Peaches / Peas / Honey Glazed Carrots

06

- BBQ Tofu over Rice (GF, V)
- **Cheesy Cheddar Mashed (GF, V)**
- Chicken & Fried Rice (GF)
- Chicken Nuggets
- Pasta w/Meat Sauce
- Pizza Bread (V)
- **Cream Cheese & Jelly w/Edamame (V)**
- Baked Apples / Corn / Honey Glazed

07

- Chicken Nuggets
- Fish Sticks
- Pasta Bake (V)
- Pasta w/Meat Sauce
- Veggie Chili & Rice (GF, V)
- Sunbutter & Jelly w/Yogurt (V)
- Baked Pears / Edamame / Broccoli

01

- **Chicken Casserole**
- Chicken Nuggets
- Pasta w/Meat Sauce
- Pizza Bread (V)
- Pork w/Rice & Beans (GF)
- Sweet & Sour Tofu over Rice (GF, V)
- Sunbutter & Jelly w/Yogurt (V)
- Broccoli / Green Beans / Edamame

02

- Black Beans & Rice (GF, V)
- Chicken Nuggets
- Fish Sticks
- Pasta Bake (V)
- Veggie Fried Rice (GF, V)
- **Build Your Own Pizza**
- Chicken, Cheddar & Pita
- Baked Pears / Peas / Corn

09

- Chicken Nuggets
- Mac & Cheese (V)
- Veggie Chili & Rice (GF, V)
- Veggie Fried Rice (GF, V)
- Chicken & Goldfish
- Sunbutter & Jelly w/Yogurt (V)
- Edamame / Green Beans / Broccoli

12

NO SMART LUNCHES
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VETERAN'S DAY

13

- BBQ Chicken & Mashed (GF)
- Black Beans & Rice (GF, V)
- Chicken Nuggets
- Mac & Cheese (V)
- Pasta w/Meat Sauce
- Chicken & Goldfish
- Baked Pears / Broccoli / Edamame

14

- BBQ Tofu over Rice (GF, V)
- **Cheesy Cheddar Mashed (GF, V)**
- Chicken & Fried Rice (GF)
- Chicken Nuggets
- Grilled Chicken Parm
- **Cream Cheese & Jelly w/Edamame (V)**
- Baked Peaches / Peas / Honey Glazed Carrots

15

- **Chicken Casserole**
- Chicken Nuggets
- Pasta w/Meat Sauce
- Pizza Bread (V)
- Pork w/Rice & Beans (GF)
- Sweet & Sour Tofu over Rice (GF, V)
- Sunbutter & Jelly w/Yogurt (V)
- Broccoli / Green Beans / Edamame

16

- Black Beans & Rice (GF, V)
- Chicken Nuggets
- Fish Sticks
- Pasta Bake (V)
- Veggie Fried Rice (GF, V)
- **Build Your Own Pizza**
- Chicken, Cheddar & Pita
- Baked Pears / Corn / Peas

19

- **Chicken Casserole**
- Chicken Nuggets
- Mac & Cheese (V)
- Pork w/Rice & Beans (GF)
- Sweet & Sour Tofu over Rice (GF, V)
- Turkey & Cheese Rollups w/Cucumber
- Baked Peaches / Peas / Honey Glazed Carrots

20

- BBQ Tofu over Rice (GF, V)
- Cheesy Cheddar Mashed (GF, V)
- Chicken & Fried Rice (GF)
- Chicken Nuggets
- Pasta w/Meat Sauce
- Pizza Bread (V)
- **Cream Cheese & Jelly w/Edamame (V)**
- Baked Apples / Corn / Honey Glazed

21

Happy Thanksgiving

22

- BBQ Chicken & Mashed (GF)
- Black Beans & Rice (GF, V)
- Chicken Nuggets
- Mac & Cheese (V)
- Pasta w/Meat Sauce
- Chicken & Goldfish
- Baked Pears / Edamame / Broccoli

29

- **Chicken Casserole**
- Chicken Nuggets
- Pasta w/Meat Sauce
- Pizza Bread (V)
- Pork w/Rice & Beans (GF)
- Sweet & Sour Tofu over Rice (GF, V)
- Sunbutter & Jelly w/Yogurt (V)
- Broccoli / Green Beans / Edamame

30

- Black Beans & Rice (GF, V)
- Chicken Nuggets
- Fish Sticks
- Pasta Bake (V)
- Veggie Fried Rice (GF, V)
- **Build Your Own Pizza**
- Chicken, Cheddar & Pita
- Baked Pears / Corn / Peas

(V) = VEGETARIAN (GF) = GLUTEN FREE



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