

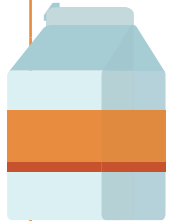


# November 2020



# Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>NO SCHOOL</b>	<b>3</b>  <b>NO SCHOOL</b>	<b>4</b>  Pulled BBQ Chicken Sandwich ●● Carrot Sticks Apple WG Roll ●	<b>5</b>  Meatloaf ●●●● Mashed Potatoes Fruit Cocktail WG Bread ● Condiment: Ketchup	<b>6</b>  Spaghetti w/Meatsauce ●● Romaine Salad w/ Cucumber, Tomato Mandarin Oranges Condiment: LF Ranch Dressing
<b>9</b>  Bean & Beef Red Chili Burrito ● Corn Pears Mexican Rice w/Cheese ●●	<b>10</b>  WG Penne Alfredo ●●● w/Chicken Steamed Baby Carrots Pineapple	<b>11</b>  <b>VETERAN'S DAY</b>	<b>12</b>  Chicken Stir Fry ●● 5 Way Veggies Mandarin Oranges Brown Rice	<b>13</b>  WG Pasta w/Meatsauce ●●● Roasted Broccoli Tropical Mixed Fruit
<b>16</b>  Chicken Nuggets ●● Peas & Carrots Peaches WG Roll ●● Condiment: BBQ Packet	<b>17</b>  WG Chicken Mash Bowl ●●● Mash Potatoes Tropical Mixed Fruit WG Roll ●●	<b>18</b>  WG Meat Lasagna ●●●● Steamed Broccoli Orange Slices	<b>19</b>  Beef Hot Dog ●● Carrot Sticks Honeydew Melon Condiments: Ketchup & Mustard	<b>20</b>  2 Grilled Chicken Sliders ●● Baked Beans Cantaloupe Condiment: Mustard
<b>23</b>  Oven Fried Chicken ● Mashed Potatoes Mandarin Oranges WG Bread Condiment: Butter	<b>24</b>  Mac & Cheese ●●● Chicken Green Beans Applesauce	 <h2>Thanksgiving Break</h2>		
<b>30</b>  Chicken Nuggets ●● Steamed Broccoli Applesauce Condiments: BBQ Sauce			<b>3</b>	 <p><b>1% White or Fat Free Chocolate Milk served with all meals</b></p>

**betterlunch**  
REAL, DELICIOUS LUNCHES MADE FRESH

**ALLERGENS:**

- Contains Soy
- Contains Egg
- Contains Milk
- Contains Wheat/Gluten

The list of ingredients used in food preparation is available upon request from Better Lunch. Please contact [Anna Arenas at anna@mybetterlunch.com](mailto:anna@mybetterlunch.com) if you wish to receive the list of ingredients.



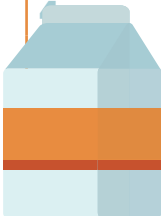
\*Menu may change due to availability and holidays. Fruits and Veggies may change without notice as we want to serve the freshest items possible!

# November 2020



# Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>NO SCHOOL</b>	3 <b>NO SCHOOL</b>	4 Blueberry Muffin ●●● Honeydew melon	5 Mini Wheats Cereal ● Apple	6 WG English Muffin ●●● Banana Condiment: Butter & Jam
9 WG Cheerios ● Fruit Cocktail Juice	10 Blueberry Muffin ●●● Applesauce Juice	11 <b>VETERAN'S DAY</b>	12 WW Biscuit ●●● Peaches Juice Condiment: Butter	13 Life Cereal Banana
16 WG Bagel ●●● Pineapple Juice Condiment: Cream Cheese	17 WG Cheerios ● Pears Juice	18 Apple Cinnamon Muffin ●●●● Fruit Cocktail Juice	19 WG Bread ●●● Banana Condiment: sunbutter	20 Mini Wheats Cereal ● Applesauce Juice
23 Rice Krispies Pineapple Juice	24 WG Cinnamon Raisin Bagel ●●●● Pears Juice Condiment: Cream Cheese	25 	26	27
30 Rice Krispies Pineapple Juice	1 	2	3  1% White or Fat Free Chocolate Milk served with all meals	

*Thanksgiving Break*

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