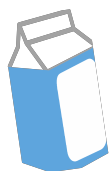


# NOVEMBER LUNCH

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

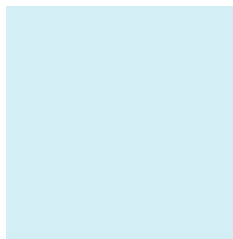
**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.



### MONDAY



4 • chicken bites

- pancakes with maple turkey sausage & omelet
- honey mustard salad with grilled chicken
- ham & cheese sandwich

o steamed corn

11 • mini chicken corn dogs

- cheesy ravioli (v)
- chicken pesto pasta salad
- ham & cheese sandwich

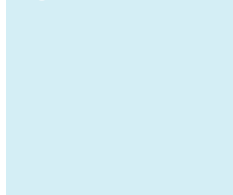
o garbanzo, edamame, & shredded carrots

18 • cheesy ravioli (v)

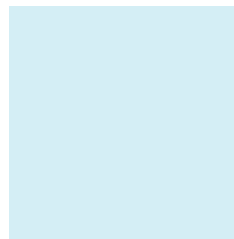
- turkey & cheddar sandwich

o baby carrots & warm pinto beans

25



### TUESDAY



5 • prerolled beef and bean burrito

- spaghetti & meatballs (df)
- chicken caesar wrap (df)

o kidney beans, edamame, carrot, corn

12 • soyrito burrito with guacamole (v)

- crispy chicken sandwich (df)

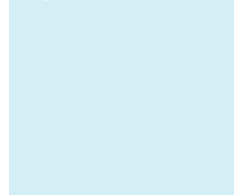
o lemon pepper corn

19 • oven roasted chicken sandwich (df)

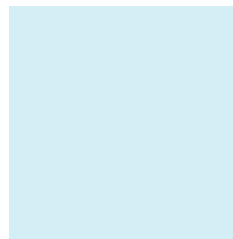
- cheese enchilada plate (v)

o coleslaw

26



### WEDNESDAY



6 • red chile chicken tamale

- cheese pizza (v)

- chicken salad sandwich (df)

o baby carrots with ranch

13 • pepperoni pizza

- mac & cheese and chicken bites

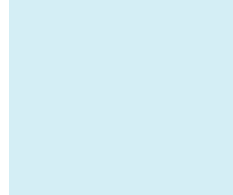
o steamed carrots

20 • cheese pizza (v)

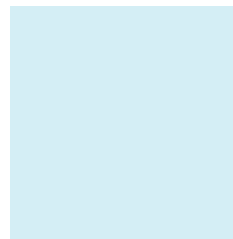
- chicken bites and waffles

o blanched broccoli with ranch (chilled)

27



### THURSDAY



7 • the revolution dog (df)

- meatless "sausage" calzoni (v)

o lemon pepper green beans

14 • beef cheeseburger

- cheesy beef & salsa nacho dip with scoops
- garden ranch salad with chicken

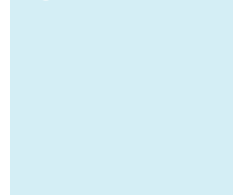
o lettuce & tomatoes with ranch

21 • roasted turkey, gravy, and yams

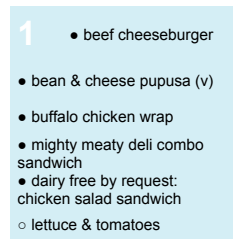
- the revolution dog (df)
- ham & cheese sandwich

o green peas

28



### FRIDAY



1 • beef cheeseburger

- bean & cheese pupusa (v)
- buffalo chicken wrap
- mighty meaty deli combo sandwich
- dairy free by request: chicken salad sandwich
- o lettuce & tomatoes

8 • cheesy chicken & salsa nacho dip

- egg salad sandwich (v) (df)

o blanched broccoli (chilled)

15 • meatless "philly cheesesteak" calzoni (v)

- bean & cheese pupusa (v)

o coleslaw

22 • pancakes & omelet (v)

- green chile & cheese tamale (v)

o steamed carrots

29

