

# K-8 Lunch Menu November 2021

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			Monday		Tuesday		Wednesday		Thursday		Friday
Week	Daily Require	Weekly Require	1 Main Menu	With Take-Out Option	2 Main Menu	With Take-Out Option	3 Main Menu	With Take-Out Option	4 Main Menu	With Take-Out Option	5 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 m/ma	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA)	Tacos, Beef (2M/MA)	Nachos Supreme (2M/MA)		Ham Melt (1oz cheese, 1oz meat)		BBQ Chicken Sandwich (2M/MA)	Pizza (2M/MA) Offer Both
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2 cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Carrots, raw (1/4c) Salad		GreenLeaf Lettuce (1/2c = 1/4c)	GreenLeaf Lettuce (1/2c=1/4c)					Broccoli Florets (1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)				Salsa or Tomatoes, diced (1/4c)	Salsa or Tomatoes, diced (1/4c)		Regular Fries (3/4c)	Regular Fries (3/4c)	Marinara Sauce (1/4c.)
Veg. (S)	1/2c	1/2c						Zucchini & Squash (1/4c)		Cauliflower (1/4c)	
Veg. (O)	1/2c	1/2c									
Legume (B)	1/2c	1/2c	Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)								
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	OR Roll (1 B/G) Mac & Cheese 1/2c (.75B/G + .75M/MA)		Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G)	Nacho Chips (2B/G)		Bun		Bun, Purchased (2B/G)	Pizza (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos	Sour Cream and Jalapenos	Brownie				
Meat/MA	1 M/MA (Min.)	9-10 M/MA		Chicken Patty (2M/MA)	Fajita (2M/MA)		Breezy Mac (2M/MA)		THANKSGIVING DINNER Turkey roast		Hotdog in a blanket Chili Cheese Fries (2M/MA) Offer Both
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Fruit Salad		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)		Greenleaf lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)				Sweet potato		Carrot, baby (1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)		Regular Fries (3/4c)	Salsa or Tomatoes, diced (1/4c)						Fries
Veg. (S)	1/2c	1/2c			Corn (1/2c)		Yogurt & Breezy - Carrots (1/4c)				
Veg. (O)	1/2c	1/2c					Green Beans (1/2c)		Cranberry		
Legume (B)	1/2c	1/2c									
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G		Bun, Purchased (2B/G)	Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G)		French Bread (1B/G) (1/2c =1B/G)			Cornbread Dressing Roll	Chili Cheese Fries-Roll (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos		Parmesan cheese		Cake		Relish and unions
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Tender(2M/MA, 1.25B/G)		Tacos, Beef (2M/MA)		Pastalaya (2M/MA)	Ham Melt (1oz cheese, 1oz meat)		BBQ Chicken Sandwich (2M/MA)	Pizza (2M/MA) Offer Both
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Fruit (1/4c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Carrots, raw (1/4c) Green Peas (1/2c)		GreenLeaf Lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)	Broccoli Florets (1/4c)				Marinara Sauce (1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)				Salsa or Tomatoes, diced (1/4c)	Salsa or Tomatoes, diced (1/4c)	Carrot, raw OR Slices, fz. (1/2c)	Carrot, raw(1/4c)		Regular Fries (3/4c)
Veg. (S)	1/2c	1/2c						Regular Fries (3/4c)		Coleslaw (1/4c)	
Veg. (O)	1/2c	1/2c									
Legume (B)	1/2c	1/2c	Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)								
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Texas Toast (1B/G) OR Roll (1 B/G) Mac & Cheese 1/2c (.75B/G + .75M/MA)		Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)		Garlic Breadstick (1B/G) Pasta (1/2C =1B/G)	Bread, Sliced, Purchased (2B/G)		Bun, Purchased (2B/G)	Pizza (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos		cookie		Cookie		
Meat/MA	1 M/MA (Min.)	9-10 m/ma	Chicken Tender(2M/MA, 1.25B/G)	Breaded, Spicy, or Grilled	Burrito (2 M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA)	Meat sauce	BBQ Pulled Pork (2M/MA)	Chicken (2 M/MA) BBQ, Roasted,		Roast PoBoy (2M/MA) Offer Both
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2 cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)		Green Leaf Lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)		Greenleaf lettuce (1/2c = 1/4c)			Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Mashed Potatoes (1/2c) w/ cheese		Salsa or Tomatoes, diced (1/4c)	Tomatoes, sliced (1/4c)	Meat sauce (1/2c)	Regular Fries (3/4c)		Potato Salad(1/2c)	Tomato, sliced(1/4c)
Veg. (S)	1/2c	1/2c				Regular Fries (3/4c)					Fries or Tots(3/4c)
Veg. (O)	1/2c	1/2c					Green Beans (1/2c)				
Legume (B)	1/2c	1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)							Baked Beans (1/2c=1/4c)	
WG Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Roll (1 B/G)			Bun, Purchased (2B/G)	French Bread (1B/G) (1/2c =1B/G)	Bun, Purchased (2B/G)		Roll (2B/G)	PoBoy-Sub Roll (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos		Parmesan cheese				

This institution is an equal opportunity provider. Menus are subject to change.

**\*Vegeterian Options**  
 Yogurt & Cheese Stick  
 Smoothie & Cheese Stick  
 Sunbutter & Jelly Sandwich  
 Veggie Burger  
 Parfait

**Deserts**

Must prepare a desert 1 to 2 times weekly (NO MORE THAN 2 TIMES A WEEK)	<b>Choices</b> Cake/Cupcake Cookie Brownie Rice Crispy
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Fruit Crisp - (1/2c=1/4c fruit serving)