


K-8 Lunch Menu November 2020

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			Monday		Tuesday		Wednesday		Thursday		Friday	
Week	Daily Require	Weekly Require	2 Main Menu	With Take-Out Option	3 Main Menu	With Take-Out Option	4 Main Menu	With Take-Out Option	5 Main Menu	With Take-Out Option	6 Both Lines	
Meat/MA	1 M/MA (Min.)	9-10 m/ma	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled			Tacos, Beef (2M/MA) OR		Sandwich, Sub Turkey/Cheese	Pulled Pork (2M/MA)	Pizza (2M/MA) Offer Choices	
Veg Option			*Vegetarian Option				*Vegetarian Option		*Vegetarian Option		*Vegetarian Option	
Fruit	1/2c	2 1/2 cup	Peaches and Apples (1/2c)				Pears (1/2c)		Mixed Fruit (1/2c)		Bananas (1/2c)	
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)	Greenleaf lettuce (1/2c = 1/4c)			Green Leaf Lettuce (1/2c = 1/4c)		Salsa or Tomatoes, diced (1/4c)		Potato Salad(1/2c) Coleslaw (1/4c)	
Veggie (R/O)	3/4c (min)	3/4c (min)	Mashed Potatoes (1/2c) w/ gravy	Regular Fries (3/4c)			Regular Fries (3/4c)		Zucchini & Squash (1/4c)		Regular Fries (3/4c) Coleslaw (1/4c)	
Veg. (S)	1/2c	1/2c					Regular Fries (3/4c)		Yogurt & Breezy - Carrots (1/4c)		Sweet Potato Fries (3/4c) Fries OR Tots (3/4c)	
Veg. (O)	1/2c	1/2c			Regular Fries (3/4c)		Green Beans (1/2c)		Fries OR Tots (3/4c)			
Legume (B)	1/2c	1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)		Baked Beans (1/2c=1/4c)		Baked Beans (1/2c=1/4c)		Baked Beans (1/2c=1/4c)			
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Roll (2B/G)	Bun, Purchased (2B/G)	Fajita-Tortilla (1=1B/G)	Sliced Bread, purchased (2B/G)	French Bread (1B/G) , Macaroni (1/2c =1B/G)	Bun, Purchased (2B/G)	Roll (2B/G)	Bun, Purchased (2B/G)	Bun, Purchased (2B/G) Bun Slider	
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						Cupcake or Cake	
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Sweet & Sour Chicken (2M/MA)	Chicken Patty (2M/MA)	Fajita (2M/MA)	Grilled Cheese (2M/MA)			Chicken (2 M/MA) Fried	Corn Dog	Hamburger (2M/MA) Chicken Patty Slider Offer Additional Sandwich Choice	
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option	
Fruit	1/2c	2 1/2cup	Pear and Oranges (1/2c)		Peaches and Kiwi (1/2c)		Pineapple (1/2c)		Southern Baked Apples & Watermelon (1/2c)		Raisins/Cran (1/4=1/2c)	
Veggie (G)	3/4c	1/2c (min)	Broccoli Florets (1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf 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)	Steamed Carrots (1/2c)	Regular Fries (3/4c)	Salsa or Tomatoes (1/4c)	Regular Fries (3/4c)	Regular Fries (3/4c)		Regular Fries (3/4c)		Tomato, sliced(1/4c)	
Veg. (S)	1/2c	1/2c			Corn (1/2c)	Regular Fries (3/4c)	Regular Fries (3/4c)		Regular Fries (3/4c)		Fries or Tots(3/4c)	
Veg. (O)	1/2c	1/2c				Regular Fries (3/4c)	Regular Fries (3/4c)		Regular Fries (3/4c)		Fries or Tots(3/4c)	
Legume (B)	1/2c	1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)		Baked Beans (1/2c=1/4c)		Baked Beans (1/2c=1/4c)		Baked Beans (1/2c=1/4c)		Fries or Tots(3/4c)	
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)	Bun, Purchased (2B/G)	Fajita-Tortilla (1=1B/G)	Sliced Bread, purchased (2B/G)	French Bread (1B/G) , Macaroni (1/2c =1B/G)	Bun, Purchased (2B/G)	Roll (2B/G)	Bun, Purchased (2B/G)	Bun, Purchased (2B/G) Bun Slider	
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						Cupcake or Cake	
Thanksgiving Dinner												
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled	Tacos, Beef (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA)		WG Pizza (2M/MA)	Turkey Roast w/ Gravy (2M/MA)	Meatball Sub (2M/MA)	Chicken Patty (2M/MA) Offer Additional Sandwich Choice	
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option	
Fruit	1/2c	2 1/2cup	Pineapples and Apples (1/2c)		Applesauce (1/2c)		Pears (1/2c)		Fruit Salad (1/2c) and Cranberry Sauce (1/4c)		Bananas (1/2c)	
Veggie (G)	3/4c	1/2c (min)	Carrots, raw (1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf 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)	Green Peas (1/2c)	Regular Fries (3/4c)	Salsa or Tomatoes, diced(1/4c)	Tomatoes sliced (1/4c)	Tomatoes sliced (1/4c)		Tomatoes sliced (1/4c)		Tomato, sliced(1/4c)	
Veg. (S)	1/2c	1/2c				Regular Fries (3/4c)	Regular Fries (3/4c)		Regular Fries (3/4c)		Regular Fries (3/4c)	
Veg. (O)	1/2c	1/2c				Regular Fries (3/4c)	Regular Fries (3/4c)		Regular Fries (3/4c)		Regular Fries (3/4c)	
Legume (B)	1/2c	1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c)		Baked Beans (1/2c=1/4c)		Baked Beans (1/2c=1/4c)		Baked Beans (1/2c=1/4c)		Regular Fries (3/4c)	
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)	Bun, Purchased (2B/G)	Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)	Bun, Purchased (2B/G)	Roll (2 B/G)	Pizza (2B/G) Cheese Bites (2B/G)	Roll (2B/G) Cornbread Dressing (1/2c)	Sub Roll (2B/G)	Bun, Purchased (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		Rice Crispy Treat				Cupcake or Cake	
Meat/MA	1 M/MA (Min.)	9-10 M/MA	General Tso's Chicken (2M/MA)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled	Hamburger (2M/MA)	OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice						
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option	
Fruit	1/2c	2 1/2cup	Applesauce and Oranges (1/2c)		Raisins/Cran (1/4=1/2c)		Pears (1/2c)		Fruit Salad (1/2c) and Cranberry Sauce (1/4c)		Bananas (1/2c)	
Veggie (G)	3/4c	1/2c (min)	Steamed Broccoli (1/2c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)	Tomato, sliced(1/4c)	Greenleaf 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)	Carrots, raw (1/4c)	Regular Fries (3/4c)		Fries or Tots(3/4c)	Regular Fries (3/4c)		Regular Fries (3/4c)		Tomato, sliced(1/4c)	
Veg. (S)	1/2c	1/2c				Regular Fries (3/4c)	Regular Fries (3/4c)		Regular Fries (3/4c)		Regular Fries (3/4c)	
Veg. (O)	1/2c	1/2c				Regular Fries (3/4c)	Regular Fries (3/4c)		Regular Fries (3/4c)		Regular Fries (3/4c)	
Legume (B)	1/2c	1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c)		Baked Beans (1/2c=1/4c)		Baked Beans (1/2c=1/4c)		Baked Beans (1/2c=1/4c)		Regular Fries (3/4c)	
WG Bread (W) Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)	Bun, Purchased (2B/G)	Bun, Purchased (2B/G)						Bun, Purchased (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						Cupcake or Cake	

rtunity provider. Menus are subject to change.

***Vegetarian Options**
 Yogurt & Cheese Stick
 Smoothie & Cheese Stick
 Sunbutter & Jelly Sandwich
 Veggie Burger

