

November LUNCH MENU: SSPC 1-2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Creamy Chicken Kabob (1 oz) Curried Brown Rice (1/8 c) Summer & Zucchini Squash (1/8 c ea) Banana * (1/8 c) Milk (4 oz)	Macaroni & Cheese(1 oz) (1 oz) Whole Grain Penne Pasta (1/2 c) Diced Turkey Ham (1/2 oz) Mashed Broccoli (1/8 c) Diced Pineapple Chunks (1/8 c) Milk (4 oz)	Fish Sticks (1 oz) Curried Brown Rice (1/8 c) Mashed Carrots (1/8 c) Chopped Honeydew Melon * (1/8 c) Tarter Sauce (1 oz) Milk (4 oz)	Peruvian Diced Chicken (1 oz) Peruvian Brown Rice (1/4 c) w/ Red Kidney Beans (1/8 c) Diced Tomato (1/8 c) Corn (1/8 c) Chopped Cantaloupe * (1/8 c) Milk (4 oz)
7	8	9	10	11
Sloppy Joe (1 oz) with Ground Turkey (1/8 c) Tomato Joe Sauce (1/8 c) Green Beans (1/8 c) Chopped Watermelon * (1/8 c) Whole Grain Wheat Bread (1 sl) Milk (4 oz)	Pizza w/ pizza sauce (1/4 c) Mozzarella Cheese (1/4 c) Whole Wheat Pizza Crust (1 oz) Potato Wedges (1/4 c) Chopped Watermelon * (1/4 c) Milk (4 oz)	Diced Red Curry Chicken (1 oz) Curried Tomato Sauce (1/8 c) Brown Rice(yellow recipe) (1/4 c) Curried Red Kidney Beans (1/8 c) Chopped Honeydew Melon * (1/8 c) Milk (4 oz)	Sliced Turkey Sandwich (1 oz) Potato Wedges (1/8 c) Banana * (1/8 c) Whole Grain Wheat Bread (1 sl) Milk (4 oz)	Fish Sticks (1 oz) Curried Brown Rice (1/8 c) Mashed Carrots (1/8 c) Chopped Honeydew Melon * (1/8 c) Tarter Sauce (1 oz) Milk (4 oz)
14	15	16	17	18
Chopped Baked Chicken (1 oz) Sliced Roasted Potatoes (1/8 c) Green Beans (1/8 c) Chopped Cantaloupe * (1/8 c) Whole Grain Wheat Bread (1/2 sl) Milk (4 oz)	Chicken Kabob (1 oz) Curried Brown Rice (1/8 c) Summer & Zucchini Squash (1/8 c ea) Banana * (1/8 c) Milk (4 oz)	Chicken Nuggets (1 oz) Dirty Brown Rice (1/8 c) Mashed Carrots (1/8 c) Chopped Honeydew Melon * (1/8 c) Milk (4 oz)	Chili Mac (3/4 c) with Ground Turkey (1 oz) Whole Grain Penne Pasta (1/2 c) Tomato Sauce (1/8 c) Broccoli (1/8 c) Diced Pineapple Chunks (1/8 c) Milk (4 oz)	Chili w/ ground turkey (1 oz) Onion & Diced Tomato (1/8 c) Diced Green & Red Peppers (1/8 c) Red Kidney Beans (1/8 c) Whole Wheat Bread (1 oz) Chopped Watermelon * (1/8 c) Milk (4 oz)
21	22	23	24	25
BBQ Diced Chicken Sand (1 oz) Baked Beans (Veggie) (1/8 c) Chopped Cantaloupe * (1/8 c) Whole Grain Wheat Bread (1 sl) Milk (4 oz)	Macaroni & Cheese(1 oz) (1 oz) Whole Grain Penne Pasta (1/2 c) Diced Turkey Ham (1/2 oz) Mashed Broccoli (1/8 c) Diced Pineapple Chunks (1/8 c) Milk (4 oz)	Korean Chicken (1 oz) Curried Brown Rice (1/8 c) Summer & Zucchini Squash (1/8 c ea) Chopped Honeydew Melon * (1/8 c) Milk (4 oz)	SCHOOL CLOSED THANKSGIVING DAY	SCHOOL CLOSED THANKSGIVING BREAK
28	29	30		
Chicken Patty Sandwich (1 oz) Potato Wedges (1/8 c) Banana * (1/8 c) Whole Grain Burger Roll (1 sl) Milk (4 oz)	Fettucini Alfredo (1/4 c) w/ Ground Turkey (1 oz) Alfredo Sauce (1 oz) Broccoli (1/8 c) Chopped Cantaloupe * (1/8 c) Milk (4 oz)	Pizza w/ pizza sauce (1/4 c) Mozzarella Cheese (1/4 c) Whole Wheat Pizza Crust (1 oz) Potato Wedges (1/4 c) Chopped Watermelon * (1/4 c) Milk (4 oz)		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

* Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

* Denotes Fresh Fruit

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