

November LUNCH MENU: SSPC 2-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Creamy Chicken Kabob (1.5 oz) Curried Brown Rice (1/4 c) Summer & Zucchini Squash (1/4 c) Banana * (1/4 c) Milk (6 oz)	Macaroni & Cheese(1.5 oz) (1 c) Diced Turkey Ham (1.5 oz) Whole Grain Penne Pasta (1/2 c) Broccoli (1/4 c) Pineapple Chunks (1/4 c) Milk (6 oz)	Fish Sticks (1.5 oz) Curried Brown Rice (1/4 c) Sliced Carrots (1/4 c) Fresh Honeydew melon * (1/4 c) Tarter Sauce (1.5 oz) Milk (6 oz)	Peruvian Chicken (1.5 oz) Peruvian Brown Rice (1/4 c) w/ Red Kidney Beans (1/8 c) Diced Tomato (1/8 c) Corn (1/8 c) Fresh Cantaloupe * (1/4 c) Milk (6 oz)
7	8	9	10	11
Sloppy Joe (1.5 oz) with Ground Turkey (1.5 oz) Tomato Joe Sauce (1/8 c) Green Beans (1/8 c) Fresh Watermelon * (1/4 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Pizza w/ pizza sauce (1/2 c) Mozzarella Cheese (1.5 oz) Whole Wheat Pizza Crust (1/4 c) Salad : Romaine&MesclunMix (1/2 c) Tomato & Cucumber (1/8 c) with Italian Dressing (1 oz) Fresh Cantaloupe * (1/4 c) Milk (6 oz)	Red Curry Chicken (1.5 oz) Curried Tomato Sauce (1/4 c) Brown Rice (1/4 c) Curried Kidney Beans (1/4 c) Fresh Honeydew melon * (1/4 c) Milk (6 oz)	Sliced Turkey Sandwich (1.5 oz) Potato Wedges (1/4 c) Banana * (1/4 c) Whole Grain Wheat Bread (1 sl) Milk (6 oz)	Fish Sticks (1.5 oz) Curried Brown Rice (1/4 c) Sliced Carrots (1/4 c) Pineapple Chunks (1/4 c) Tarter Sauce (1.5 oz) Milk (6 oz)
14	15	16	17	18
Baked Chicken (1.5 oz) Roasted Potatoes (1/4 c) Green Beans (1/4 c) Fresh Cantaloupe * (1/4 c) Whole Grain Wheat Bread (1/2 sl) Milk (6 oz)	Chicken Kabob (1.5 oz) Brown Rice (yellowrecipe) (1/4 c) Summer & Zucchini Squash (1/4 c) Banana * (1/4 c) Milk (6 oz)	Chicken Nuggets (1.5 oz) Dirty Brown Rice (1/4 c) Sliced Carrots (1/4 c) Fresh Honeydew melon * (1/4 c) Milk (6 oz)	Chili Mac (1/2 c) with Ground Turkey (1.5 oz) Whole Grain Penne Pasta (1/4 c) Tomato Sauce (1/8 c) Broccoli (1/8 c) Pineapple Chunks (1/4 c) Milk (6 oz)	Chili w/ ground turkey (2 oz) Onion & Diced Tomato (1/8 c) Diced Green & Red Peppers (1/8 c) Red Kidney Beans (1/8 c) Whole Wheat Bread (1/2 sl) Fresh Watermelon * (1 c) Milk (8 oz)
21	22	23	24	25
BBQ Chicken Sandwich (1.5 oz) Baked Beans (Veggie) (1/4 c) Fresh Cantaloupe * (1/4 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Macaroni & Cheese(1.5 oz) (1 c) Diced Turkey Ham (1.5 oz) Whole Grain Penne Pasta (1/2 c) Broccoli (1/4 c) Pineapple Chunks (1/4 c) Milk (6 oz)	Korean Chicken (1 c) Fried Brown Rice (1/4 c) Summer & Zucchini Squash (1/4 c) Fresh Honeydew melon * (1/4 c) Milk (6 oz)	SCHOOL CLOSED THANKSGIVING DAY	SCHOOL CLOSED THANKSGIVING BREAK
28	29	30		
Chicken Patty Sandwich (1.5 oz) Potato Wedges (1/4 c) Banana * (1/4 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Fettucini Alfredo (1/4 c) w/ Ground Turkey (1.5 oz) Alfredo Sauce (1/4 c) Broccoli (1/4 c) Fresh Cantaloupe * (1/4 c) Milk (6 oz)	Pizza w/ pizza sauce (1/2 c) Mozzarella Cheese (1.5 oz) Whole Wheat Pizza Crust (1/4 c) Salad : Romaine&MesclunMix (1/2 c) Tomato & Cucumber (1/8 c) with Italian Dressing (1 oz) Fresh Watermelon * (1/4 c) Milk (6 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 Unflavored 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

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All Fruit Juices are 100% Juice