

# NOVEMBER 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NEW ITEM</b> <b>Teriyaki Chicken</b></p> <p><i>Savory breaded chicken mixed with broccoli, peppers and onions cooked with teriyaki sauce served over brown rice.</i></p>	<p><b>1</b></p> <p><b>Salisbury Steak w/ Gravy &amp; Mashed Potatoes/</b> Dinner Roll</p> <p>Tater Totz / Ketchup Fresh Fruit</p>	<p><b>2</b></p> <p><b>Classic Hamburger</b> Ketchup</p> <p>Fresh Fruit Baked Beans +</p>	<p><b>3</b></p> <p><b>Cheesy Flatbread +</b></p> <p>Steamed Broccoli Applesauce Cup</p>	<p><b>4</b></p> <p><b>Breaded Chicken Sandwich</b> BBQ Sauce</p> <p>Steamed Mixed Vegetables Fresh Fruit Belly Bear Grahams</p>
<p><b>7</b></p> <p><b>NATIONAL NACHO DAY</b> (11/6)</p> <p><b>Nacho Combo</b> Tostito's Scoops</p> <p>BBQ Black Beans Fresh Fruit</p>	<p><b>8</b></p> <p><b>Chicken Tenders</b> Breadstick / BBQ Sauce</p> <p>Emoticon Fries / Ketchup Fresh Fruit</p>	<p><b>9</b></p> <p><b>NEW</b> <b>Teriyaki Chicken</b> Brown Rice</p> <p>Steamed Broccoli Fresh Fruit Cheez-Its</p>	<p><b>10</b></p> <p><b>Hot Diggity Dog</b> Ketchup</p> <p>Steamed Carrots Applesauce Cup</p>	<p><b>11</b></p> <p><b>HAPPY VETERANS DAY</b></p> <p><b>Deep Dish Galaxy Cheese Pizza +</b></p> <p>Steamed Green Beans 100% Fruit Juice Goldfish Pretzels</p>
<p><b>14</b></p> <p><b>Cheesy Baked Penne +</b></p> <p>Steamed Mixed Vegetables Fresh Fruit</p>	<p><b>15</b></p> <p><b>Cheesy Flatbread +</b></p> <p>Spinach Salad / Italian Dressing Baby Carrots Applesauce Cup</p>	<p><b>16</b></p> <p><b>Italian Cheese &amp; Garlic Cheesy Pull Aparts +</b></p> <p>Baked Beans + Fresh Fruit</p>	<p><b>17</b></p> <p><b>HOLIDAY MEAL</b></p> <p><b>Turkey and Mashed Potatoes with Gravy</b> Dinner Roll</p> <p>Glazed Orange Carrots Fresh Fruit Turkey Cookie</p>	<p><b>18</b></p> <p><b>Pizza Crunchers +</b></p> <p>Sweet Golden Corn Fruit Cup</p>
<p><b>21</b></p> <p><b>Roasted Chicken Drumstick</b> / Biscuit</p> <p>Steamed Carrots Applesauce Cup Belly Bears</p>	<p><b>22</b></p> <p><b>French Toast Sticks</b> Poultry Sausage</p> <p>Tater Totz / Ketchup Fresh Fruit Goldfish Pretzels</p>	<p><b>23</b></p> <p><b>Corn Dog</b> Mustard</p> <p>Black Beans Fresh Fruit Tossed Salad / French Dressing</p>	<p><i>Thanksgiving</i></p>	
<p><b>28</b></p> <p><b>Classic Hamburger</b> Ketchup</p> <p>Sweet Potato Fries Applesauce Cup</p>	<p><b>29</b></p> <p><b>Korean Meatballs</b> Brown Rice</p> <p>Tossed Salad / Ranch Dressing Fresh Grape Tomatoes Fresh Fruit</p>	<p><b>30</b></p> <p><b>Chicken Tenders</b> Breadstick / BBQ Sauce</p> <p>Steamed Broccoli 100% Fruit Juice</p>	<p><b>TASTE THE SUNSET</b></p> <p>Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.</p>	

## Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
  - Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
  - Nutrition and allergen information available at [www.FSPro.com](http://www.FSPro.com)
  - Menu items do not contain pork
  - + Item does not contain meat
- \*Menu Subject to Change\*

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