





Rosa Parks November 2021 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheeseburger on Whole Grain Bun Baked Beans Diced Pears Milk Ketchup and Mustard	2 Macaroni and Cheese WG Green Beans Fresh Apple Quarters Milk	3 Turkey Steak with Gravy Mashed Potatoes Juice Milk	4 Cheese Pizza WG Spinach Salad with Light Dressing Chilled Peaches Milk	5 Breaded Chicken on WG Bun with Ranch Steamed Carrots Orange Wedges Milk
8 WG Breaded Chicken Drumstick Corn Bread Loaf WG Greens Juice Milk	9 Popcorn Chicken, WG Dinner Roll WG Mashed Potatoes Pineapple Tidbits and Mandarin Orange Sections Milk	10 Mini Ravioli WG with Marinara Sauce Green Beans Applesauce Milk	11 Nachos with Three-Bean Chili Shredded Cheddar Cheese Mixed Vegetables Juice Milk	12 Chicken and Cheese Quesadilla, WG Refried Beans Fresh Apple Quarters Milk
15 Salisbury Steak with Gravy WG Dinner Roll Mashed Potatoes Chilled Peaches Milk	16 Macaroni and Cheese WG Baked Beans Fresh Apple Quarters Milk	17 Chicken Nuggets Sweet Potato Tater Tots Applesauce Dinner Roll Milk	18 Turkey Roast with Gravy Mashed Potatoes Fruit Cocktail Dinner Roll Choice of Milk	19 Cheese Pizza WG Spinach Salad with Light Dressing Chilled Pineapple and Mandarin Oranges Milk
22 Sloppy Joes on WG Bun Seasoned Potato Wedges Chilled Peaches Milk	23 Soft Tacos Shredded Cheese Pinto Beans Fresh Apple Slices Milk Taco Sauce	24 WG Breaded Chicken Drumstick Dinner Roll WG Mixed Greens Chilled Pineapple Milk	25 Thanksgiving Holiday District Closed	26 Thanksgiving Holiday District Closed
29 Tangerine Chicken Brown Rice with Mixed Vegetables Steamed Broccoli Dragon Juice Milk	30 Walking Tacos with Turkey and WG Tostitos Shredded Cheese Seasoned Pinto Applesauce Milk		November Events 2= Election Day 7= Daylight Saving Time Ends 11= Veterans Day 25= Thanksgiving Day	

* This item may contain pork.

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
This institution is an equal opportunity provider.