

NOVEMBER 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NEW ITEM Teriyaki Chicken</p> <p><i>Savory breaded chicken mixed with broccoli, peppers and onions cooked with teriyaki sauce served over brown rice.</i></p>	<p>1 Salisbury Steak w/ Gravy & Mashed Potatoes/ Dinner Roll or Cheese Pizza or Strawberry Yogurt w/ Granola + / Bug Bite Grahams</p> <p>Tater Tots / Ketchup Fresh Fruit</p>	<p>2 Classic Hamburger Ketchup or Corn Dog Mustard or Chicken Caesar Salad Dinner Roll / Caesar Dressing</p> <p>Fresh Fruit Baked Beans +</p>	<p>3 Cheesy Flatbread + or Chicken Parmesan with Spaghetti or Popcorn Chicken Salad Breadstick / Ranch Dressing</p> <p>Steamed Broccoli Applesauce Cup</p>	<p>4 Breaded Chicken Sandwich BBQ Sauce or Cheeseburger Meatloaf Breadstick or Fresh Apple & Cheese Plate + / Goldfish Pretzels</p> <p>Steamed Mixed Vegetables Fresh Fruit Belly Bear Grahams</p>
<p>7 NATIONAL NACHO DAY (11/6) Nacho Combo Tostito's Scoops or Beef Tacos Taco Sauce or Nacho Salad Tostitos Scoops / Scooby Doo Grahams</p> <p>BBQ Black Beans Fresh Fruit</p>	<p>8 Chicken Tenders Breadstick / BBQ Sauce or Mini Corn Dogs Mustard or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears</p> <p>Emolicon Fries / Ketchup Fresh Fruit</p>	<p>9 NEW Teriyaki Chicken Brown Rice or Pizza Crunchers + or Italian Salad Breadstick / Italian Dressing</p> <p>Steamed Broccoli Fresh Fruit Cheez-Its</p>	<p>10 Hot Diggity Dog Ketchup or Rotini with Meatballs or Baja Salad + Corn Muffin / Ranch Dressing</p> <p>Steamed Carrots Applesauce Cup</p>	<p>11 HAPPY VETERANS DAY Deep Dish Galaxy Cheese Pizza + or All American Cheese Melt + or All-American Salad Dinner Roll / French Dressing</p> <p>Steamed Green Beans 100% Fruit Juice Goldfish Pretzels</p>
<p>14 Cheesy Baked Penne + or BBQ Meatball Sub or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears</p> <p>Steamed Mixed Vegetables Fresh Fruit</p>	<p>15 Cheesy Flatbread + or Turkey Ham & Cheese Melt or Fresh Apple & Cheese Plate + / Goldfish Pretzels</p> <p>Spinach Salad / Italian Dressing Baby Carrots Applesauce Cup</p>	<p>16 Italian Cheese & Garlic Cheesy Pull Aparts + or Cheeseburger Ketchup or Popcorn Chicken Salad Breadstick / Ranch Dressing</p> <p>Baked Beans + Fresh Fruit</p>	<p>17 HOLIDAY MEAL Turkey and Mashed Potatoes with Gravy / Dinner Roll or Macaroni & Cheese + or All-American Salad Dinner Roll / French Dressing</p> <p>Glazed Orange Carrots Fresh Fruit Turkey Cheese</p>	<p>18 Pizza Crunchers + or Mini Corn Dog & Pretzel Bites / Cheese Sauce or Italian Salad Breadstick / Italian Dressing</p> <p>Sweet Golden Corn Fruit Cup</p>
<p>21 Roasted Chicken Drumstick / Biscuit or All American Cheese Melt + or Fresh Apple & Cheese Plate + / Goldfish Pretzels</p> <p>Steamed Carrots Applesauce Cup Belly Bears</p>	<p>22 French Toast Sticks Poultry Sausage or Hot Diggity Dog Ketchup or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears</p> <p>Tater Tots / Ketchup Fresh Fruit Goldfish Pretzels</p>	<p>23 Corn Dog Mustard or Southwest Queso Cheesy Pull-Aparts + or Popcorn Chicken Salad Breadstick / Ranch Dressing</p> <p>Black Beans Fresh Fruit Tossed Salad / French Dressing</p>	<p><i>Thanksgiving</i></p>	
<p>28 Classic Hamburger Ketchup or Turkey Ham & Cheese Melt or Strawberry Yogurt w/ Granola + / Scooby Doo Grahams</p> <p>Sweet Potato Fries Applesauce Cup</p>	<p>29 Korean Meatballs Brown Rice or Deep Dish Galaxy Cheese Pizza + or Nacho Salad Tostitos Scoops / Scooby Doo Grahams</p> <p>Tossed Salad / Ranch Dressing Fresh Grape Tomatoes Fresh Fruit</p>	<p>30 Chicken Tenders Breadstick / BBQ Sauce or Classic Hamburger Ketchup or Baja Salad + Corn Muffin / Ranch Dressing</p> <p>Steamed Broccoli 100% Fruit Juice</p>	<p>TASTE THE SUNSET</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
 - Menu items do not contain pork
 - + Item does not contain meat
- *Menu Subject to Change*

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