



# The Dining Room

## LUNCH MENU

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

November 2021

1	MON	2	TUE	3	WED	4	THU	5	FRI	
Mini Chicken Tacos	6 ea	Calzone	1 ea	Asian Chicken	2oz	Turkey Sandwich	1ea	Chicken Nuggets	5 ea	
Corn	¾ c	Salad w/ Croutons	3/4c	Broccoli	3/4c	Chips	1ea	Smiley Fries	3/4c	
Peaches	½ c	Pears	1/2c	Rice	1/4c	Baby Carrots	3/4c	Apple Slices	1/2c	
				Mandarin Oranges	1/2c	Mixed Fruits	1/2c			
8	MON	9	TUE	10	WED	11	THU	12	FRI	
Orange Chicken		2oz	Taco w/ Ground Turkey, Lettuce, and Cheese	1ec	Chicken Strips	3 ea	Chili w/ Ground Turkey	2oz	Hamburger	1 ea
Broccoli Normandy	v	3/4c			Mashed Potatoes	v 1/4c	Corn Muffin	1ea	Fries	v 3/4c
Rice		1/4c	Corn	3/4c	Peas	1/2c	Peaches	1/2c	Orange Slices	1/2c
Pineapples		1/2c	Fruit Cocktail	1/2c	Strawberry Applesauce	1/2c				
15	MON	16	TUE	17	WED	18	THU	19	FRI	
Mini Chicken Tacos	6 ea	Calzone	v 1 ea	Asian Chicken	2oz	Turkey Sandwich	1ea	Chicken Nuggets	5 ea	
Corn	¾ c	Salad w/ Croutons	3/4c	Broccoli	3/4c	Chips	v 1ea	Smiley Fries	3/4c	
Peaches	½ c	Pears	1/2	Rice	1/4c	Baby Carrots	3/4c	Apple Slices	1/2c	
				Mandarin Oranges	1/2c	Mixed Fruits	1/2c			
22	MON	23	TUE	24	WED	25	THU	26	FRI	
Chicken Drumstick	1ea	Hash Browns	1ea	NO SCHOOL			NO SCHOOL			
Mac n Cheese	v ¼ c	Pancake	1ea							
Roll	1ea	Turkey Sausage Links	2ea							
Green Beans	¾ c	Orange Juice	1/2c							
Pineapples	½ c									
29	MON	30	TUE		WED		THU	8	FRI	
Orange Chicken	2oz	Taco w/ Ground Turkey, Lettuce, and Cheese	1ec							
Broccoli Normandy	¾ c									
Rice	v ¼ c	Corn	3/4c							
Pineapples	½ c	Fruit Cocktail	1/2							

"The USDA is an equal opportunity provider and employer."

# EL COMEDOR

## BREAKFAST & SNACK MENU

BREAKFAST									
<i>All Breakfasts include: Fruit or 100% Fruit Juice Low Fat Plain or Chocolate Milk</i>									
MON		TUE		WED		THU		FRI	
Omlet	1 ea	Biscuit	1 oz	French Toast	1 ea	Assorted Whole Grain Cereals	1 oz	Oatmeal	1 oz
Toast	1 ea	Chicken Patty	½ c	Turkey Sausage Patty	1 ea	Orange Juice	1 ea	Apple Juice	1 ea
Applesauce	1 ea	Apple Slices	1 ea	Strawberries	4 oz	Craisins	1/2c	Turkey Bacon	2 ea

SNACK									
MON		TUE		WED		THU		FRI	
WG Rice Krispy Treat	1.4 oz	Graham Cracker Squares	1 ea	WG Chocolate Chip Cookies	1.22 oz	WG Pop Tart	1 eaz	Apple Delight	1 oz
Apple Slices	1 ea	Strawberry Yogurt	4 oz	Cheese stick	1 ea	Applesauce Pouch	1 ea	Craisins	1 ea
100% Apple Juice (JK-K)	4 oz	Water	8 oz	Milk	8 oz	Water	8 oz	100% Orange Juice (JK-K)	4 oz
100% Apple Juice (1 <sup>st</sup> -6 <sup>th</sup> )	6 oz							100% Orange Juice (1 <sup>st</sup> - 6 <sup>th</sup> )	6 oz