

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</p> <p>Salisbury Steak w/ Gravy & Mashed Potatoes/ Dinner Roll</p> <p>Tater Tots / Ketchup Fresh Fruit</p>	<p>2</p> <p>Classic Hamburger Ketchup</p> <p>Fresh Fruit Baked Beans +</p>	<p>3</p> <p>Cheesy Flatbread +</p> <p>Steamed Broccoli Applesauce Cup</p>	<p>4</p> <p>Breaded Chicken Sandwich BBQ Sauce</p> <p>Steamed Mixed Vegetables Fresh Fruit Belly Bear Grahams</p>
<p>7</p> <p>NATIONAL NACHO DAY (11/6)</p> <p>Nacho Combo Tostito's Scoops BBQ Black Beans Fresh Fruit</p>	<p>8</p> <p>Chicken Tenders Breadstick / BBQ Sauce</p> <p>Emoticon Fries / Ketchup Fresh Fruit</p>	<p>9</p> <p>NEW Teriyaki Chicken Brown Rice</p> <p>Steamed Broccoli Fresh Fruit Cheez-Its</p>	<p>10</p> <p>Hot Diggity Dog Ketchup</p> <p>Steamed Carrots Applesauce Cup</p>	<p>11</p> <p>HAPPY VETERANS DAY</p> <p>Deep Dish Galaxy Cheese Pizza +</p> <p>Steamed Green Beans 100% Fruit Juice Goldfish Pretzels</p>
<p>14</p> <p>Cheesy Baked Penne +</p> <p>Steamed Mixed Vegetables Fresh Fruit</p>	<p>15</p> <p>Cheesy Flatbread +</p> <p>Spinach Salad / Italian Dressing Baby Carrots Applesauce Cup</p>	<p>16</p> <p>Italian Cheese & Garlic Cheesy Pull Aparts +</p> <p>Baked Beans + Fresh Fruit</p>	<p>17 HOLIDAY MEAL</p> <p>Turkey and Mashed Potatoes with Gravy Dinner Roll</p> <p>Glazed Orange Carrots Fresh Fruit Turkey Cookie</p>	<p>18</p> <p>Pizza Crunchers +</p> <p>Sweet Golden Corn Fruit Cup</p>
<p>21</p> <p>Roasted Chicken Drumstick / Biscuit</p> <p>Steamed Carrots Applesauce Cup Belly Bears</p>	<p>22</p> <p>French Toast Sticks Poultry Sausage</p> <p>Tater Tots / Ketchup Fresh Fruit Goldfish Pretzels</p>	<p>23</p> <p>Corn Dog Mustard</p> <p>Black Beans Fresh Fruit Tossed Salad / French Dressing</p>	 <p><i>Thanksgiving</i></p>	
<p>28</p> <p>Classic Hamburger Ketchup</p> <p>Sweet Potato Fries Applesauce Cup</p>	<p>29</p> <p>Korean Meatballs Brown Rice</p> <p>Tossed Salad / Ranch Dressing Fresh Grape Tomatoes Fresh Fruit</p>	<p>30</p> <p>Chicken Tenders Breadstick / BBQ Sauce</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*

Please visit us at www.FSPro.com

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