

# NOVEMBER | 2023



## CHS, WMS & Horizons Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Quesadilla Refried beans Tostitos Salsa Yellow & Red pepper strips Peaches Milk Alt- fiesta pizza	<b>31</b> Hot ham & cheese Tomato soup Fresh broccoli & cauliflower Apple slices Milk Alt -pizza <b>Happy Halloween</b>	<b>1</b> Chicken strips French fries Steamed broccoli Applesauce cups Whole grain roll Milk Alt: pizza burger on wg bun	<b>2</b> Bosco sticks Marinara sauce Baby carrots Celery sticks Pears Milk Alt: chicken burger on wg bun	<b>3</b> Tuscan grill cheese OR Regular Grilled cheese Romaine & Spinach salad Grape Tomato Mixed fruit Milk Alt - Jim's pizza
<b>6</b> Cheeseburger on whole grain bun Sweet potato fries Baked beans Grapes/milk Alt - hot dog on whole grain bun	<b>7</b> Meatballs & gravy Mashed potato Fresh Broccoli Whole grain roll Mixed fruit/milk Alt - pepperoni pizza	<b>8</b> <b>½ day</b> Taco Stick - beef Fresh cauliflower Grape tomato Applesauce cups Sun Chips Milk	<b>9</b> Chicken patty on whole grain bun Spinach & Romaine Salad Cucumber slices Peaches/Milk Alt - brat on whole grain bun	<b>10</b> <b>½ day</b> Cheeseburger sliders Fresh broccoli Baby carrots Fresh pears Chips Milk
<b>13</b> Spaghetti Romaine & Spinach salad Grape tomato WG breadstick Pears Alt - calzones	<b>14</b> Turkey gravy over mashed potatoes/Green beans Whole grain roll Applesauce cups/cranberry sauce Spice cake Milk Alt - chicken patty	<b>15</b> Quesadilla Peppers strips Refried beans Tortilla chips Salsa Pineapple Milk Alt -burritos	<b>16</b> Orange Chicken Brown Rice Steamed broccoli Peaches WG roll Milk Alt - Egg roll or chicken patty	<b>17</b> Tacos- seasoned taco meat, shredded cheese, romaine, diced tomato, & black beans, Hard or Soft shell Steamed corn/Pineapple Milk Alt - Jim's Pizza
<b>20</b> Bosco sticks Marinara sauce Baby carrots Green beans Mixed fruit Milk Alt - chicken burger on whole grain bun	<b>21</b> Quesadilla Tortilla chips Salsa Corn/Refried bean Peach cups Pumpkin bars Milk Alt - yogurt parfaits or PBJ	<b>22</b> <b>½ day</b> Turkey & cheese croissant Baby carrots Fresh broccoli Apple slices Cookie Milk	<b>23</b> Thanksgiving Break <b>24</b> No School	
<b>27</b> Chicken patty on whole grain bun Tater tots Baked beans Fresh broccoli Peaches Milk Alt -brat on whole grain bun	<b>28</b> Walking Tacos - seasoned taco meat, shredded cheese, romaine, diced tomato, & black beans, Nacho chips Pepper strips Pineapple Whole grain roll Milk/ Alt - Burrito	<b>29</b> Italian Penne Pasta Romaine & Spinach salad Cucumber slices WG breadsticks Pears/Milk Alt - calzones	<b>30</b> Chicken nuggets Mashed potato & gravy Steamed broccoli Whole grain roll Applesauce cups Milk Alt - chicken patty on WG bun	<b>1</b>

### News

Nov 8<sup>th</sup> - ½ day -  
 Parent Teacher  
 conferences - lunch  
 provided

Nov. 11<sup>th</sup> - ½ day -  
 lunch provided

Nov. 22<sup>nd</sup> - ½ day -  
 Thanksgiving Break -  
 lunch provided

Nov 23<sup>rd</sup>-24<sup>th</sup> -  
 Thanksgiving Break -  
 no school

This institution is an equal  
 opportunity provider.