

Child's Name \_\_\_\_\_

First & Last \_\_\_\_\_

Grade \_\_\_\_\_

# NOVEMBER 2021

Please Return by Friday October 15th

## Monday

**Mac & Cheese** 1  
WG Teabiscuit  
Mixed Vegetables  
Applesauce Cup

**Beef Hot Dog on a WG Bun** 8  
Vegetable Baked Beans  
Applesauce Cup  
Ketchup

**Beef Hot Dog on a WG Bun** 15  
Vegetable Baked Beans  
Applesauce Cup  
Ketchup

**Pizza Burger** 22  
Chicken Patty  
WG Bun  
Corn  
Fresh Apple

**No School** 29

## Tuesday

**BBQ Drumstick w/ Vegetable Brown Rice** 2  
WG Teabiscuit  
Fresh Carrot  
Fresh Banana

**Chicken Parmesan Sandwich** 9  
WG Hamburger Bun  
Marinara Sauce & Shredded Mozzarella  
Green Beans  
Fresh Banana

**Breaded Chicken Patty Sandwich** 16  
American Cheese  
Shredded Lettuce  
Cucumber Coins  
Fresh Banana

**French Toast & Turkey Sausage** 23  
Fresh Carrots  
Cucumber Coins  
Fruit  
Syrup Packet

**BBQ Drumstick w/ Vegetable Brown Rice** 30  
WG Teabiscuit  
Fresh Carrot  
Fresh Banana

## Wednesday

**Turkey w/ Gravy** 3  
WG Teabiscuit  
Mashed Potatoes  
Fresh Celery  
Fruit

**Sweet & Sour Chicken** 10  
Vegetable Brown Rice  
Fresh Broccoli  
Fruit  
Sweet and Sour Sauce

**Sloppy Joe** 17  
WG Bun  
Corn  
Fruit

**No School** 24

## Thursday

**Softshell Beef Taco** 4  
Black Beans  
Shredded Cheese & Lettuce  
Salsa  
Fresh Apple

**BBQ Chicken Sandwich** 11  
Corn  
Fresh Orange

**Chicken Tenders** 18  
WG Tea Biscuit  
Vegetable Baked Beans  
Fresh Orange  
BBQ Sauce Packet



## Friday

**Teriyaki Chicken & Brown Rice** 5  
Fresh Broccoli  
Fresh Orange

**Pizza Hut Cheese Pizza** 12  
Fresh Carrots  
Fresh Apple

**Chicken Nachos** 19  
WG Tortilla Chips  
Shredded Cheddar & Lettuce  
Fresh Celery  
Fruit

**No School** 26



My child WILL take a hot lunch EVERY DAY this month

My child WILL NOT TAKE hot lunch this month

Meals Provided by Lancer Dining Services. Menu is subject to change.

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE CHOCOLATE. ALL BREADS SERVED ARE WHOLE GRAIN. Lancer Dining Services does not use pork, peanut, tree nut, or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned), 100% whole grains, and a variety of lean meats using heart-healthy oils and low-salt seasonings. Please visit [dining.lancerhospitality.com](http://dining.lancerhospitality.com) for more information.