

NOVEMBER 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Popcorn Chicken Pretzel Rod Ranch Dressing Potato Salad Baby Carrots Fresh Fruit	2 Turkey & Cheese Sub Mustard Three Bean Salad Fresh Fruit Tossed Salad/French Dressing	3 Italian Salad Breadstick Italian Dressing Baby Carrots 100% Fruit Juice Belly Bear Grahams	4 Cheese Sub + Sweet Golden Corn Fresh Fruit
7 FUN PACK Pepperoni Slices Cheddar Cheese Cubes Mini Flatbread Potato Salad Baby Carrots 100% Fruit Juice	8 Strawberry Banana Yogurt + Blueberry Muffin String Cheese Fresh Celery Grape Tomatoes Fresh Fruit	9 Chicken Ham, Turkey & Cheese Sandwich Mustard Three Bean Salad Fresh Fruit	10 All-American Salad Breadstick Ranch Dressing Baby Carrots Applesauce Cup Belly Bear Grahams	11 Egg Chef Salad + Dinner Roll Ranch Dressing Fresh Celery 100% Fruit Juice Goldfish Pretzels
14 Mini Maple Waffles + Vanilla Yogurt Baby Carrots Grape Tomatoes Fresh Fruit	15 Popcorn Chicken Pretzel Rod Ranch Dressing Potato Salad Baby Carrots Fresh Fruit	16 Turkey & Cheese Sub Mustard Three Bean Salad Applesauce Cup Tossed Salad/French Dressing	17 Italian Salad Breadstick Italian Dressing Baby Carrots 100% Fruit Juice Belly Bear Grahams	18 Cheese Sub + Sweet Golden Corn Fresh Fruit
21 FUN PACK Pepperoni Slices Cheddar Cheese Cubes Mini Flatbread Potato Salad Baby Carrots 100% Fruit Juice	22 Strawberry Banana Yogurt + Blueberry Muffin String Cheese Fresh Celery Grape Tomatoes Fresh Fruit	23 Chicken Ham, Turkey & Cheese Sandwich Mustard Three Bean Salad Fresh Fruit Tossed Salad/French Dressing Goldfish Pretzels	 <p><i>Thanksgiving</i></p>	
28 Mini Maple Waffles + String Cheese Baby Carrots Grape Tomatoes Fresh Fruit	29 Popcorn Chicken Pretzel Rod Ranch Dressing Potato Salad Baby Carrots Fresh Fruit	30 Turkey & Cheese Sub Mustard Three Bean Salad Fresh Fruit Tossed Salad/French Dressing	 <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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This institution is an equal opportunity provider.

