

NOVEMBER | 2021



MEHP K-5th Grade Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole Grain Beaded Fish Sticks 4 sticks 2 oz./ Diced Peaches ¼ cup /Steamed Diced Carrots ¼ cup / Whole Grain Roll 1 oz. / Milk 1 cup	2 Whole Grain Cheese Pizza/Pinto Beans / Diced Pears / Milk 1 cup	3 WGR Chicken Biscuit/ Diced Mango /Asparagus / Whole Grain Roll /Milk 1 cup	4 Sloppy Joe on Whole Grain Hamburger Bun/ Mashed Potatoes / Mandarin Oranges / Milk 1 Cup	5 WGR Chicken Corn Dogs Sweet Potato Fries Fresh Apple Garden Salad Milk 1 cup
8 Oven Baked Chicken/ Diced Carrots/ Peaches / Brown Rice /Milk 1 cup	9 Beef Tacos/ Refried Beans / Mandarin Oranges / Taco Trimmings/ Milk 1 cup	10 Oven Baked Fish Filet Deluxe Mac N Cheese WGR Breadstick Fresh Apple Garden Salad Milk 1 cup	11 Grilled Cheese Sandwich (2 oz. Whole Grain and 2 oz. Protein)/ Green Peas / Fresh Banana / Milk 1 cup	12 100% Beef Hamburger Patty/ Whole Grain Hamburger Bun/French Fries / Spinach and Tomato Slices/ Mandarin Oranges / Milk 1 cup
15 Whole Grain Breaded Chicken Bites or Nuggets/ French Style Green Beans / Mixed Fruit / Brown Rice / Milk 1 cup	16 Tangerine Chicken/ Fried Rice / Stir-Fry Vegetables/ Pears / Milk 1 cup	17 Lasagna/ Whole Grain Roll/ Steamed Broccoli/ Diced Peaches / Milk 1 cup	18 WGR Chicken Quesadilla Salsa Cup Pineapple Chunks Garden Salad WGR Tortilla Chips Milk 1 cup	19 Turkey and Stuffing Mandarin Oranges /Green Beans /Mashed Sweet Potatoes /Brown Turkey Gravy/WGR Dinner Roll/ Milk 1 cup
22 Whole Grain Beaded Fish Sticks 4 sticks 2 oz./ Diced Peaches ¼ cup /Steamed Diced Carrots ¼ cup / Whole Grain Roll 1 oz. / Milk 1 cup	23 Whole Grain Cheese Pizza/Pinto Beans / Diced Pears / Milk 1 cup	24 No School Thanksgiving Break	25 No School Thanksgiving Break	26 No School Thanksgiving Break
29 Oven Baked Chicken/ Diced Carrots/ Peaches / Brown Rice /Milk 1 cup	30 Beef Tacos/ Refried Beans / Mandarin Oranges / Taco Trimmings/ Milk 1 cup	1 Oven Baked Fish Filet Deluxe Mac N Cheese WGR Breadstick Fresh Apple Garden Salad Milk 1 cup	2 Grilled Cheese Sandwich (2 oz. Whole Grain and 2 oz. Protein)/ Green Peas / Fresh Banana / Milk 1 cup	3 100% Beef Hamburger Patty/ Whole Grain Hamburger Bun/French Fries / Spinach and Tomato Slices/ Mandarin Oranges / Milk 1 cup

News

Lunch Includes:

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetables ***
- **Choice of up to 2 fruits ***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

*A lunch must include ½ cup of fruit or vegetable and 2 full other components

*Middle school students receive a maximum of 1 fruit with their lunch

Other Daily Lunch Entrée Options:

- **Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Sun Chips, Celery, & Ranch**
- **Hummus, Whole Grain Chocolate Elf Grahams, Whole Grain Pretzels, Carrots, & Ranch**

Due to national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for understanding!