

# NOVEMBER | 2021



## MEHP Primary Lunch Menu

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