NOVEMBER 2021 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
1 **Deep Dish Galaxy Cheese Pizza** Emoticon Fries / Ketchup Fresh Fruit	**2** **Spaghetti with Meatballs** Steamed Broccoli 100% Fruit Juice	**3** **All American Cheese Melt +** Steamed Green Beans Fresh Fruit	**4** **Hot Diggity Dog** Ketchup BBQ Black Beans Flavored Applesauce	**5** **Salisbury Steak with Gravy** / Egg Noodles Steamed Carrots Craisins
8 **BBQ Meatball Sub** Steamed Green Beans Fresh Fruit	**9** **Chicken Mashed Potato Bowl** Steamed Carrots Flavored Applesauce	**10** **Italian Cheese & Garlic Cheesy Pull Aparts +** Pizza Dipping Sauce French Fries / Ketchup Fresh Fruit	**11** **Classic Hamburger** Ketchup Baked Beans + Fresh Fruit	**12** **Pizza Crunchers +** Spinach Salad / Italian Dressing Baby Carrots 100% Fruit Juice
15 **Turkey Sausage Flatbread** Steamed Broccoli Flavored Applesauce	**16** **Breaded Chicken Sandwich** BBQ Sauce Sweet Potato Fries Fresh Fruit	**17** **Meatball Pizza Sub** Steamed Green Beans 100% Fruit Juice	**18** HOLIDAY MEAL **Turkey with Gravy** Dinner Roll Mashed Potatoes Craisins Mini Rice Krispie Treat	**19** **Soft Tacos** Taco Sauce Refried Beans + Tossed Salad / Ranch Dressing Fresh Fruit
22 **Chicken Nuggets** Pretzel Rod / BBQ Sauce Sweet Golden Corn Fresh Fruit	**23** **Hot Diggity Dog** Ketchup Sweet Potato Fries 100% Fruit Juice	**24** **Rotini with Meatsauce** Breadstick Steamed Broccoli Flavored Applesauce	**25**	**26**
29 **Pizza Dippers +** Pizza Dipping Sauce Steamed Carrots 100% Fruit Juice	**30** **Cinnamon French Toast** Poultry Sausage Tater Tots / Ketchup Fresh Fruit			

TASTE THE SUNSET

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.

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

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