

School Menu



Location: Town Center Date		Monday 11/28/2022	Tuesday 11/29/2022	Wednesday 11/30/2022	Thursday 12/1/2022	Friday 12/2/2022
AM Snack	Whole-Grain Frosted Flakes 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Whole-Wheat Biscuit w/Grape Jelly Orange Juice	Whole-wheat Pankcake w/ Syrup 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Whole-Wheat Cheese Toast Orange Juice	Whole-Grain Rasin Bran 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	
Lunch <i>Vegetarian Option</i>	Chicken & Yellow Rice <i>Chick'n & Yellow Rice</i> Diced Chicken in Whole-Grain Yellow Rice Green Beans Fresh Sliced Apples Applesauce 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Shrimp Quesadilla <i>Cheese Quesadilla</i> Diced shrimp on whole-wheat tortilla w/ cheese Black Beans Spanish Rice 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Homemade Chicken Noodle Soup <i>vegetable soup</i> Shredded chicken w/ diced carrots, diced celery, & diced onions Fresh Sliced Oranges <i>(Mandarin Oranges)</i> Dinner Rolls 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Turkey Chilli <i>Three Bean Chilli</i> Ground Turkey, Kidney Beans, Bell Peppers, Onions in a Tomato Puree Cornbread Sliced Peaches 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	Sunflower Butter & Jelly Sandwich Sunflower Butter & Grape Jelly on Whole-Wheat Bread Baby Carrots w/Ranch <i>(Steamed Carrots)</i> Banana 2% Unflavored Low-Fat Milk <i>(Whole Milk)</i>	
PM Snack	Teddy grahams Filtered Water	Goldfish Filtered Water	Ritz w/ String Cheese Filtered Water	Pretzel w/ Fruit Snack Filtered Water	Cheezits Filtered Water	

Fun Fact From Chef Trina: first recorded batch of chili con carne in America was made in 1731 by a group of women.

Children under the age of 2 are served unflavored whole milk and 2+ year olds are served unflavored 2% milk

Items listed in parentheses & italics indicate suggested age appropriate substitutions for children under 2

Water is available to children during the day & at all meals & snacks.

Menu is subject to change.