


A Minimum of One Fruit or Vegetable is required for a reimbursable meal



**November 2017
Metro Lunch Menu**

Daily Milk offered includes 1%, skim, or skim chocolate

All meals include milk, fruit, vegetable, grain, meat/meat alternative

		November 1	November 2	November 3
		Lasagna Roll Up w/ Garlic Toast Sides: Applesauce Pineapple Corn Baby Carrots	Walking Taco w/ Spanish Rice Sides: Fresh Fruit Peaches Side Salad Peas & Carrots	Chicken Nuggets w/ Hot Roll Sides: School Planned Fruits and Vegetables
November 6	November 7	November 8	November 9	November 10
Grilled Cheese & Tomato Soup w/ Goldfish Sides: Mandarin Oranges Applesauce Baby Carrots Peas	Chicken Crisпитos w/ Cheese Sauce Sides: Apples Peaches Corn Mixed Vegetables	Pizza Crunchers Sides: Pears 100% Fruit Juice Sweet Potato Fries Broccoli	Chicken Fajitas & Spanish Rice Sides: Fruit Cocktail Orange Smiles Fajita Blend Vegetables Refried Beans	Stuffed Cheese Sticks & Marinara Sides: School Planned Fruits and Vegetables
November 13	November 14	November 15	November 16	November 17
Turkey O'Toole Sides: Fresh Fruit Pineapple Steak Fries Baked Beans	Turkey Gravy w/ Hot Roll Sides: Fruit Slushie Fresh Fruit Mashed Potatoes Green Beans	Creamy Mac & Cheese w/ Breadstick Sides: Mandarin Oranges Fruit Cocktail Sweet Potato Fries Baby Carrots	Italian Dunkers & Meat Sauce Sides: Pears Applesauce Side Salad Fresh Cauliflower 	Spicy Chicken Wrap Sides: School Planned Fruits and Vegetables
November 20	November 21	November 22	November 23	November 24
Chicken Tender Wrap Sides: Pineapple Peaches Sweet Potato Fries Steamed Broccoli	Beef & Cheese Nachos w/ Tortilla Chips & Salsa Sides: 100% Fruit Juice Mandarin Oranges Corn Refried Beans	No School	No School	No School
November 27	November 28	November 29	November 30	
Mini Corn Dogs & Chicken Noodle Soup Sides: Applesauce Pineapple Tater Tots Mixed Vegetables	Pepper Jack Beef Deli Sides: Fruit Cocktail Mandarin Oranges Baked Beans Sweet Potato Fries	Lasagna Roll Up w/ Garlic Toast Sides: Peaches Fruit Slushie Green Beans Steamed Carrots	Walking Taco w/ Spanish Rice Sides: Fresh Fruit Pears Side Salad Corn	
Monday Alternate	Tuesday Alternate	Wednesday Alternate	Thursday Alternate	Friday Alternate
Hamburger/Cheeseburger Cheese Pizza	Chicken Patty Pick 2 Salad w/ Toasted Flatbread	Honey BBQ Rib on a Bun Cheese Pizza	Spicy Chicken Patty Pick 2 Salad w/ Toasted Flatbread	Fish Wedge Turkey & Cheese Sub

Menu Item (P May Contain Pork)

This institution is an equal opportunity provider. [Link to Nondiscrimination Statement on Dept. Website.](#)