



Cirrus Lunch Menu November

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Nacho Cheese 1 oz Beef 2 oz WG Shells 2 oz Black Bean Salad ½ c Salsa ½ c. Fruit ½ c. Milk 1 c.	Sweet and Sour Chicken 2 oz Rice ½ c Peas & Carrots ½ c Fruit ½ c Milk 1 c.	Enriched Pizza 2 oz Corn ½ c Salad ½ c Fruit ½ c Milk 1 c.	<u>Cold Cut</u> WW Bun 2 oz Deli Meat 1 oz Cheese 1 oz Potato Salad ½ c Pickle Spears 1 slice Fruit ½ c Milk 1 c.
7	8	9	10	11
WG Bun 2 oz Beef Pattie 2 oz Baked Bean ½ c Carrot Sticks ½ c Fruit ½ c Milk 1 c.	Mini Corn Dogs 2 oz Mashed Potatoes ½ c Collard ½ c Fruit ½ c Milk 1 c.	Spaghetti w/tomato 2 oz Green Beans ½ c Garlic Bread 1 oz Fruit ½ c Milk 1 c.	Enriched Pizza 2 oz Corn ½ c Salad ½ c Fruit ½ c Milk 1 c.	NO SCHOOL!
14	15	16	17	18
WG Bun 2 oz Hotdog 2 oz Cole Slaw ½ c Carrot Sticks ½ c Fruit ½ c Milk 1 c.	Nacho Cheese 1 oz Beef 2 oz WG Shells 2 oz Black Bean Salad ½ c Salsa ½ c. Fruit ½ c. Milk 1 c.	Enriched Pizza 2 oz Corn ½ c Salad ½ c Fruit ½ c Milk 1 c.	Turkey 2 oz Dressing ½ c Green Beans ½ c Sweet Soufflé ½ c Roll Milk 1 c.	<u>Cold Cut</u> WW Bun 2 oz Deli Meat 1 oz Cheese 1 oz Potato Salad ½ c Pickle Spears 1 slice Fruit ½ c Milk 1 c.
21	22	23	24	25
THANKSGIVING HOLIDAY				
28	29	30	31	
NO SCHOOL!	Nacho Cheese 1 oz Beef 2 oz WG Shells 2 oz Black Bean Salad ½ c Salsa ½ c. Fruit ½ c. Milk 1 c.	WG Chicken Alfredo 2 oz Broccoli ½ c Corn on Cob 1 ea. Fruit ½ c Milk 1 c.	Enriched Pizza 2 oz Corn ½ c Salad ½ c Fruit ½ c Milk 1 c.	