

- Nurses have food allergens list per meal
- Gluten free options available daily
- Vegetarian options available daily
- Milk offered daily

Monday

**CHILI CON CARNE
W/BEANS**

SNAP PEAS, ORANGES
CORN MUFFINS
MILK
(Contains Gluten & Dairy)

MAC N' CHEESE 6

MIXED VEGGIES
HONEYDEW MELON
DINNER ROLL
MILK
(Contains Gluten & Dairy)

CHICKEN PATTY SANDWICH 13

OVEN FRIES
RED VEGGIE CUP
CANTALOUPE
MILK
(Contains Gluten)

20

THANKSGIVING BREAK

GRILLED CHEESE 27

TOMATO SOUP
STEAMED CAULIFLOWER
DICED PEACHES
MILK
(Contains Gluten & Dairy)

Tuesday

CORN DOG

BAKED BEANS
SWEET POTATO FRIES
GRAPES
MILK
(Contains Gluten)

TACO SALAD 7

BLACK BEANS
CORN
GRAPES
MILK
(Contains Dairy)

PORK CARNITAS 14

REFRIED BEANS
SPANISH RICE
CORN, GRAPES
MILK
(Contains Dairy)

21

THANKSGIVING BREAK

TURKEY TETRAZZINI 28

BREADSTICK
PEAS
ORANGES
MILK
(Contains Gluten & Dairy)

Wednesday

ORANGE CHICKEN 1

FRIED RICE, PEAS
PORK & VEG EGG ROLL
APPLE
MILK
(Contains Gluten & Dairy)

HONEY LIME CHICKEN 8

STEAMED BROCCOLI
RICE
ORANGES
MILK
(Contains Dairy)

PANCAKES 15

SAUSAGE PATTY
HASHBROWN PATTY
CELERY, CHEESE STICK, ORANGES
MILK
(Contains Gluten & Dairy)

22

THANKSGIVING BREAK

NACHOS W/CHICKEN 29

RED VEGGIE CUP
CANTALOUPE
MILK
(Contains Dairy)

Thursday

CHEESY POTATOES & HAM

CRISP SALAD
WATERMELON
SUN CHIPS
MILK
(Contains Gluten & Dairy)

CHEESE PIZZA 9

CRISP SALAD
PEARS
MILK

(Contains Gluten & Dairy)

TURKEY & GRAVY 16

MASHED POTATOES
BROCCOLI, WATERMELON
DINNER ROLL
MILK
(Contains Gluten & Dairy)

23

THANKSGIVING BREAK

LASAGNA 30

CRISP SALAD
BREADSTICK
APPLE
MILK
(CONTAINS GLUTEN & DAIRY)

Friday

CHICKEN QUESADILLA 3

STEAMED CAULIFLOWER
CORN
CANTALOUPE
MILK
(Contains Gluten & Dairy)

BAKED FISH STICKS 10

SEASONED SLICED CARROTS
APPLES
DINNER ROLL
MILK
(Contains Gluten)

CHEESE RAVIOLI 17

BREADSTICK
ZUCCHINI, YELLOW SQUASH
APPLES
MILK
(Contains Gluten & Dairy)

24

THANKSGIVING BREAK

OVEN FRIED CHICKEN

RICE, GARBANZO BEANS
CORN, PEARS
DINNER ROLL
MILK
(Contains Gluten & Dairy)

HEALTHY MEALS FOR ALL AT NO CHARGE TO STUDENTS

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- Nurses have food allergens list per meal
- Gluten free options available daily
- Vegetarian options available daily
- Milk offered daily

Monday

MINI BLUEBERRY WAFFLES
APPLES
FRUIT PUNCH JUICE
MILK
(Contains Gluten & Dairy)

BREAKFAST BURRITO 6
ORANGES
APPLE JUICE
MILK
(Contains Gluten & Dairy)

MINI BLUEBERRY WAFFLES 13
APPLES
FRUIT PUNCH JUICE
MILK
(Contains Gluten & Dairy)

20
THANKSGIVING BREAK

BREAKFAST BURRITO 27
APPLES
DRIED CHERRY CRAISINS
ORANGE JUICE
MILK
(Contains Gluten & Dairy)

Tuesday

CEREAL BAR
FRUIT YOGURT PARFAIT
BANANA
DRIED CHERRY CRAISINS
MILK
(Contains Gluten & Dairy)

MUFFIN 7
PEARS
DRIED CHERRY CRAISINS
MILK
(Contains Gluten & Dairy)

CEREAL BAR 14
FRUIT YOGURT PARFAIT
BANANA
DRIED CHERRY CRAISINS
MILK
(Contains Gluten & Dairy)

21
THANKSGIVING BREAK

MUFFIN 28
GRAPES
MILK
(Contains Gluten & Dairy)

Wednesday

BANANA BREAD SQUARES 1
PEAR FRUIT CUP
APPLE CHERRY JUICE
MILK
(Contains Gluten & Dairy)

PANCAKE ON A STICK W/TURKEY SAUSAGE 8
APPLES
APPLE CHERRY JUICE
MILK
(Contains Gluten & Dairy)

BANANA BREAD SQUARES 15
PEAR FRUIT CUP
APPLE CHERRY JUICE
MILK
(Contains Gluten & Dairy)

22
THANKSGIVING BREAK

PANCAKE ON A STICK W/TURKEY SAUSAGE 29
ORANGES
APPLE JUICE
MILK
(Contains Gluten & Dairy)

Thursday

HAM & CHEESE POCKETS 2
ORANGES
MILK
(Contains Gluten & Dairy)

DONUT 9
BANANA
MILK
(Contains Gluten & Dairy)

HAM & CHEESE POCKETS 16
ORANGES
MILK
(Contains Gluten & Dairy)

23
THANKSGIVING BREAK

DONUT 30
BANANA
MILK
(Contains Gluten & Dairy)

Friday

BAGEL 3
GRAPES
MILK
(Contains Gluten & Dairy)

SAUSAGE, EGG & CHEESE BREAKFAST SANDWICH 10
GRAPES
ORANGE PINEAPPLE JUICE
MILK
(Contains Gluten & Dairy)

BAGEL 17
GRAPES
MILK
(Contains Gluten & Dairy)

24
THANKSGIVING BREAK

SAUSAGE, EGG & CHEESE BREAKFAST SANDWICH
PEACHES
ORANGE PINEAPPLE JUICE
MILK
(Contains Gluten & Dairy)

HEALTHY MEALS FOR ALL AT NO CHARGE TO STUDENTS

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