












NOVEMBER 2022 - AFTERSCHOOL AT-RISK HOT SUPPER MENU

MONDAY 10/31/2022	TUESDAY 11/1/2022	WEDNESDAY 11/2/2022	THURSDAY 11/3/2022	FRIDAY 11/4/2022
 <p>284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK</p>  <p>Halloween 11/7/2022</p>	<p>281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK</p> <p>ORDER DUE FOR WEEK OF NOV 21</p>	<p>286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK</p> 	 <p>264 4" X 6" WHOLE GRAIN CHEESE PIZZA (OR) 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD (OR) 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK</p>	<p>285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD OR 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK</p> 
<p>288 WG MACARONI & CHEESE WITH BROCCOLI 684 MIXED BERRY APPLESAUCE 100 WHITE MILK</p> 	<p>293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK</p> <p>ORDER DUE FOR WEEK OF NOV 28</p>	<p>295 MEATLOAF & GRAVY WITH MASHED POTATOES 683 UNSWEETENED APPLESAUCE 904 WHEAT BREAD 100 WHITE MILK</p>	<p>225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD OR 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK</p>	<p>283 WG CHICKEN TENDERS WITH CORN CHOPPED ROMAINE SALAD OR 670 FRESH FRUIT 100 WHITE MILK</p>
<p>287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK</p>	<p>281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 683 UNSWEETENED APPLESAUCE 100 WHITE MILK</p> <p>DOUBLE ORDER DUE: DEC 5 & 12</p>	<p>280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p> 	<p>291 GRILLED CHICKEN STRIPS WITH CARRIBEAN PINEAPPLE SAUCE BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD OR 670 FRESH FRUIT 100 WHITE MILK</p>	<p>264 4" x 6" WG CHEESE PIZZA (OR) 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD (OR) 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK</p>
<p>684 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH PENNE PASTA 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK</p> 	<p>290 SPANISH BROWN RICE WITH BLACK BEANS, CHEDDAR CHEESE & PLAINAINS 670 FRESH FRUIT 100 WHITE MILK</p> <p>NO ORDER THIS WEEK</p>	<p>286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK</p>	<p>11/23/2022</p>  <p>THANKSGIVING DAY 11/24/2022</p>	<p>296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 684 MIXED BERRY APPLESAUCE CUP 904 WHEAT BREAD 100 WHITE MILK</p>
<p>288 WG MACARONI & CHEESE WITH BROCCOLI 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK</p>	<p>293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK</p> <p>TRIPLE ORDER: DEC 19, 26 & JAN 2</p>	<p>295 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK</p> 	<p>12/1/2022</p> <p>225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD OR 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK</p>	<p>283 WG CHICKEN TENDERS WITH CORN CHOPPED ROMAINE SALAD OR 670 FRESH FRUIT 100 WHITE MILK</p> 

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Milk: Either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk must be served.

MENU SUBJECT TO CHANGE

HIGHLIGHTED ITEMS CANNOT BE CHANGES OR CANCELLED .