



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">12/05/2022</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot &amp; Zuchin. Chicken Meatless Pasta w/ Pepper,Carrot&amp; Zuchin. (V Apples Choice of Milk</p>	<p style="text-align: right;">12/06/2022</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Turkey Meatless Hot Dog on a WG Bun WW Grilled Cheese Sandwich* Sweet Potato Tater Tots Bananas Choice of Milk</p>	<p style="text-align: right;">12/07/2022</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">12/08/2022</p> <p>Brown Rice Souffle w/Cheddar Cheese (V) Roasted Broccoli &amp; Potato Medley Fresh Tangerines Choice of Milk</p>	<p style="text-align: right;">12/09/2022</p> <p>Creamy Cilantro Lime Chicken WW Burrito Cilantro Lime Meatless Chicken WW Burrito(V/VG) Pico w/ Tomatoes &amp; Onions Fruit Punch Juice Choice of Milk</p>
<p style="text-align: right;">12/12/2022</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili &amp; Brown Rice (V/VG) Apples Choice of Milk</p>	<p style="text-align: right;">12/13/2022</p> <p>WG Cheese Pizza (V) Veggie Stir-Fry w/Ginger, Carrot, Gn.Beans &amp; Broc. Fresh Tangerines Choice of Milk</p>	<p style="text-align: right;">12/14/2022</p> <p>Chicken Caesar WG Pasta Salad Chicken Meatless Caesar WG Pasta Salad (V) Bananas Choice of Milk</p>	<p style="text-align: right;">12/15/2022</p> <p>WG Chicken Corn Dog** Veggie Hot Dog** WW Grilled Cheese Sandwich* Green Beans &amp; Corn Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Orange Juice Choice of Milk</p>	<p style="text-align: right;">12/16/2022</p> <p>Mexican Pie w/ Kidney Cheese,K. Bean &amp; Corn (V) WG Biscuit Fresh Pears Choice of Milk</p>
<p style="text-align: right;">12/19/2022</p> <p>Southwest Chicken Pasta w/ B.Beans &amp; Corn Southwest Chicken Pasta w/ B.Beans &amp; Corn Fresh Pears Choice of Milk</p>	<p style="text-align: right;">12/20/2022</p> <p>Turkey Shepherd's Pie w/ Mashed Potato &amp; Carrot Meatless Shepherd's Pie w Mashed Potato&amp; Carrot (V) Steamed Brown Rice Apples Choice of Milk</p>	<p style="text-align: right;">12/21/2022</p> <p>Apple Provolone Turkey Sandwich Apple Provolone WW Sandwich (V) Roasted Cauliflower Broccoli &amp; Carrots Bananas Choice of Milk</p>	<p style="text-align: right;">12/22/2022</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">12/23/2022</p> <p>NO SCHOOL TODAY</p>
<p style="text-align: right;">12/26/2022</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">12/27/2022</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">12/28/2022</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">12/29/2022</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">12/30/2022</p> <p>NO SCHOOL TODAY</p>

\* Denotes meal only for PreK. Prek 3/4 servings must include 6 oz of unflavored skim and 1% milk. 1-1.5 M/MA, 1/2 serving of grain, 1/4 cup of fruit and 1/4 cup of vegetables. PreK will always have sliced or finely chopped fruits.

\*\* Denotes meal only for K to 8th (not PreK)

**Locally Grown Components Daily Served:** According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (MD/PA/VA), Carrots (MD), Tomatoes (PA), Cauliflower (PA), Lettuce (NJ), Spinach (VA/MD), Cucumber (MD), Celery (PA), Potatoes (PA).

Available Choice of Milk: Unflavored 1%, skim unflavored, Lactose Free or Soy (Upon Request)  
Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

Nov 23, 2022