

NOVEMBER | 2022



Mini Marauder Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Protein Power Broccoli Fresh Fruit White Milk	1 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	2 Chicken Nuggets French Fries Fresh Fruit White Milk	3 Popcorn Chicken Baked Beans Fresh Fruit White Milk	4 Pizza Cruncher with Marinara Sauce Cauliflower Fresh Fruit White Milk
Teriyaki Dippers with a Dinner Roll Corn Fresh Fruit White Milk	8 Tacos Refried Beans Fresh Fruit White Milk	9 Lunch Kit Mini Peppers Fresh Fruit White Milk	10 Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit White Milk	11 Pizza Slice Cucumber Fresh Fruit White Milk
14 Hamburger Tater Tots Fresh Fruit White Milk	15 Mac and Cheese Baked Beans Fresh Fruit White Milk	16 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit White Milk	17 Grilled Cheese Tomato Soup Fresh Fruit White Milk	18 Holiday Meal! 
21 Protein Power Asst Vegetables Fresh Fruit White Milk	22 Pizza Cruncher with Marinara Sauce Asst Vegetables Fresh Fruit White Milk	<h1>Thanksgiving Break</h1> 		
Teriyaki Dippers with a Dinner Roll Corn Fresh Fruit White Milk	29 Tacos Refried Beans Fresh Fruit White Milk	30 Lunch Kit Mini Peppers Fresh Fruit White Milk	1 Bosco Sticks with Marinara Sauce Broccoli Fresh Fruit White Milk	2 Pizza Slice Cucumber Fresh Fruit White Milk

Build a Meal

Each student's meal will contain the following components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk

Protein Power: Yogurt, String Cheese, Grain

Lunch Kit Choices: Pizza or Turkey, Cheese and Crackers

Meal Prices:

Breakfast: \$2.25

Lunch: \$3.40

Adult: \$4.80

Extra Milk: \$0.50