

November 2021

Mid-Atlantic Regional Lunch Menu



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Jerk Chicken Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>2</p> <p>Beef Hamburger Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>3</p> <p>Chicken Parmesan with Pasta & Marinara Sauce Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>4</p> <p>Chana Masala (1/2 cup) Brown Rice (1/2 cup) Green Peas (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>5</p> <p>Roasted Chicken with Gravy Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Corn Bread Assorted Fruit Skim/1% Milk</p>
<p>8</p> <p>Spaghetti with Meat Sauce Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>9</p> <p>Chicken Alfredo with Whole Grain Pasta Seasoned Carrots Assorted Fruit Skim/1% Milk</p>	<p>10</p> <p>Cheese Pizza Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>11</p> <p>Chili Mac & Cheese Assorted Fruit Skim/1% Milk</p>	<p>12</p> <p>Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>15</p> <p>Mini Corn Dogs (6) Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>16</p> <p>Chicken Parmesan with Pasta & Marinara Sauce Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>17</p> <p>BBQ Chicken Sandwich Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>18</p> <p>Sliced Turkey with Gravy Cornbread Green Beans & Mashed Potatoes Assorted Fruit Skim/1% Milk</p>	<p>19</p> <p>Arroz Con Pollo Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>
<p>22</p> <p>Jerk Chicken Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>23</p> <p>Beef Hamburger Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>24</p> <p>Cheese Pizza Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>25</p> <p>No School</p>	<p>26</p> <p>No School</p>
<p>29</p> <p>Chili Mac & Cheese Assorted Fruit Skim/1% Milk</p>	<p>30</p> <p>Beef Hot Dog on WG Bun Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>			

This institution is an equal opportunity provider.

NOTE: Menu subject to change