

NISL LUNCH MENU for November 2022

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Oct 31 - Nov 4	Broccoli Cheddar Soup/WW Toast Fresh Apple Milk	Baked Chicken Mashed Potatoes Fresh Pears WW Bread Milk	Turkish Beef Pilaf Romaine Salad Canned Pineapple Milk	WG Chicken Wraps French Fries Fresh Pears Milk	Beef Tacos Fresh Salad Peaches Milk
Nov 7 - Nov 11	Chicken Noodle Soup WG crackers Grapes Milk	Beef Chili with WW Bread Fresh Apple Slices Milk	Chicken Alfredo Roasted French Beans Bananas Milk	Chicken Quesadilla Broccoli Canned Fruit Cocktail Milk	Beef Tacos Fresh Orange Slices Canned Corn Milk
Nov 14- Nov 18	Chicken and Rice Chopped Salad Canned Pineapple Milk	Chicken Curry WG Bread Chopped Tomato and Lettuce Fresh Apples Milk	Beef Spaghetti Mixed Salad Canned Peaches Milk	Chicken Quesadilla Fresh Grapes Milk	Homemade Pizza Canned Peaches Fresh Broccoli milkLentil Soup Fresh Pears Fresh Broccoli Milk
Nov 21- Nov 25	Chicken Pilaf Mixed Salad Fresh Apple Slices Milk	Taco Tuesday Chopped Salad Bananas Milk	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>	<u>NO SCHOOL</u>
Nov 28- Nov 30	Chicken and Rice Chopped Salad Canned Pineapple Milk	Taco Tuesday Chopped Salad Bananas Milk	Bake Chicken Mashed Potatoes Fresh Pears WW Bread Milk	Chicken Alfredo Salad Canned Peaches Milk	Lentil Soup Fresh Pears Fresh Broccoli Milk