**MAYA ANGELOU LUNCH**

**NOVEMBER 2019**

|  |  |  |  |  |
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  | 1  BEEF HOTDOG FRENCH FRIES CHILI CON CARNE COLESLAW BANANAS MILK,1% Lowfat MILK,Skim |
| 4  TOASTED CHEESE SANDWICH CHICKEN TENDERS BUTTERNUT SQUASH SOUP ORANGES MILK,1% Lowfat MILK,Skim | 5  THAI CHICKEN TACOS BLACK BEANS SHREDDED LETTUCE CUP (1) PEARS MILK,1% Lowfat MILK,Skim | 6  LEMON ROSEMARY PEPPER CHICKEN BROWN RICE KIDNEY BEANS APPLES MILK,1% Lowfat MILK,Skim | 7  FLATBREAD W/CHICKEN CORN & TOMATO SALSA 100% ORANGE JUICE MILK,1% Lowfat MILK,Skim | 8  TURKEY BREAST SANDWICH SPINACH SALAD CHEESE CUBES BANANAS MILK,1% Lowfat MILK,Skim |
| 11  NO SCHOOL TODAY | 12  BURRITO BOWL BLACK BEAN SALSA SPRING MIX SALAD CHOPPED TOMATO SALAD PEARS TORTILLA WRAPS MILK,1% Lowfat MILK,Skim | 13  BBQ CHICKEN BROWN RICE ROASTED CARROTS 100% ORANGE JUICE MILK,1% Lowfat MILK,Skim | 14  SALMON CAKES MASHED POTATOES ROLLS CRANBERRY SAUCE MILK,1% Lowfat MILK,Skim | 15  SLOPPY JOE ON A ROLL ROASTED CAULIFLOWER BANANAS MILK,1% Lowfat MILK,Skim |
| 18  STIR FRY CHICKEN TENDERS BROWN RICE ROASTED BROCCOLI ROLLS ORANGES MILK,1% Lowfat MILK,Skim | 19  CILANTRO LIME CHICKEN CHOPPED TOMATO SALAD TORTILLA WRAPS PEARS MILK,1% Lowfat MILK,Skim | 20  CURRIED CHICKEN BROWN RICE KIDNEY BEANS 100% ORANGE JUICE MILK,1% Lowfat MILK,Skim | 21  ROASTED CHICKEN LEGS MASHED POTATOES ROLLS CRANBERRY SAUCE MILK,1% Lowfat MILK,Skim | 22  CHICKEN SANDWICH SHREDDED LETTUCE CUP  BANANAS MILK,1% Lowfat MILK,Skim |
| 25  MACARONI AND CHEESE SPRING MIX SALAD ROLLS ORANGES MILK,1% Lowfat MILK,Skim | 26  CHICKEN QUESADILLA BLACK BEAN SALSA PEARS MILK,1% Lowfat MILK,Skim | 27  NO SCHOOL TODAY | 28  NO SCHOOL TODAY | 29  NO SCHOOL TODAY |

Menu Subject to Change. Milk Variety Served Daily (1% & Skim). 10.22.19