


Park Forest District 163

November

November 2015

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2nd</p> <p>Cheeseburger / W/G Bun 4/28 2 oz. meat / cheese / 2 bread Breaded Chicken Patty / WG Bun 10/28 2 oz. meat / 3 bread Corn ½ cup 16 Baby Carrots ¼ cup 5 Fresh Apple ½ cup 15</p>	<p>3rd</p> <p>W/G Meatball Sub 9/28 2 oz. meat / 2 bread Breaded Cheese Sticks / WG Roll 34 / 25 2 oz. cheese / 2 bread Marinara Sauce ½ cup 7 Potato Wedges ¼ cup 18 Pears ½ cup 22</p>	<p>4th</p> <p>W/G BBQ Chicken Wedges 36 2 oz. meat / 2 bread Hot Dog / WG Bun 2/25 2 oz. meat / 2 bread Black Beans ½ cup 23 Celery Sticks ¼ cup 2 Fresh Banana ½ cup 23</p>	<p>5th</p> <p>Hot Turkey / WG Roll 3 / 25 2 oz. meat / 1 bread Salisbury Steak / WG Roll 4/25 2 oz. meat / 1 bread Mashed Potato ½ cup 13 Green Beans ¼ cup 4 Pear ½ cup 22</p>	<p>6th</p> <p>W/G Sausage Pizza 36 2 oz. meat / 2 bread WG Chicken Nuggets / WG Roll 11/25 2 oz. meat / 2 bread Cauliflower Florets ½ cup 3 Spinach Salad ½ cup 3 Mandarin Oranges ½ cup 17</p>
<p>9th</p> <p>No School</p>	<p>10th</p> <p>Whole Grain Corn Dog 22 2 oz. meat / 1 bread Cheeseburger / WG Bun 4/28 2 oz. meat / 2 bread Broccoli ½ cup 4 Celery Sticks ¼ cup 2 Fruit Cocktail ½ cup 22</p>	<p>11th</p> <p>WG Grilled Cheese 4/38 2 oz. Cheese / 2 bread WG Popcorn Chicken 20 2 oz. meat / 1 bread Vegetable Juice ½ cup Hash Brown ¼ cup Fresh Melon ½ cup</p>	<p>12th</p> <p>WG Chicken Nuggets 11 2 oz. meat / Cheese / 2 bread WG Grilled Cheese 4/38 2 oz. cheese / 2 bread Refried Beans ½ cup Cherry Tomatoes ¼ cup Tropical Fruit ½ cup</p>	<p>13th</p> <p>W/G Pepperoni Pizza 34 2 oz. meat / cheese / 2 bread WG Cheese Pizza 36 2 oz. Cheese / 2 bread Potato Wedges ½ cup Baby Carrots ¼ cup Fresh Orange ½ cup</p>
<p>16th</p> <p>WG Popcorn Chicken 20 2 oz. meat / 2 bread WG Grilled Cheese 4/38 2 oz. meat / 2 bread French Fries ½ cup 18 Baby Carrots ¼ cup 5 Green Apple ½ cup 15</p>	<p>17th</p> <p>W/G Pizza Dippers 41 2 oz. cheese / 1 bread WG Spaghetti / Meatballs 48 2 oz. meat / 2 bread Marinara Sauce ¼ cup 7 Cucumbers ½ cup 2 Fresh Orange ½ cup 15</p>	<p>18th</p> <p>Br Chicken Fillet / WG Bun 10/28 2 oz. meat / 2 bread BBQ Chicken Drumstick/WG Roll 7/25 2 oz. meat / 1 bread Baked Beans ½ cup 20 Cherry Tomatoes ¼ cup 3 Pears ½ cup 22</p>	<p>19th</p> <p>Hot Dog / W/G Bun 3/22 2 oz. meat / 2 bread Cheeseburger / WG Bun 4/28 2 oz. meat / 2 bread Potato Wedges ¼ cup 18 Vegetable Juice ½ cup 14 Diced Peaches ½ cup 18</p>	<p>20th</p> <p>W/G Cheese Pizza 36 2 oz. meat / 2 bread WG Sausage Pizza 34 2 oz. meat / 2 bread Spinach Salad 1 cup 3 Celery Sticks ½ cup 2 Tropical Fruit ½ cup 20</p>
<p>23rd</p> <p>W/G Totally Taco 30 2 oz. meat / 2 bread Breaded Chicken Patty / WG Bun 10/28 2 oz. meat / 2 bread Corn ½ cup 16 Baby Carrots 5 Pears ½ cup 22</p>	<p>24th</p> <p>W/G Spaghetti / Meatballs 48 2 oz. meat / 2 bread WG Breaded Cheese Sticks 34 2 oz. meat / 1 bread Spinach Salad 1 cup 3 Marinara Sauce ¼ cup 7 Pineapple Cup ½ cup 20</p>	<p>25TH</p> <p>No School</p> 	<p>26th</p> <p>School Holiday</p>	<p>27th</p> <p>No School</p>

30th

WG Br. Cheese Sticks / WG Roll

34/25

2 oz. meat / 2 bread

Meatball Sub / WG Bun 9/28

2 oz. meat / 2 bread

Marinara Sauce $\frac{1}{4}$ cup 7

Broccoli Florets $\frac{1}{2}$ cup 3

Fresh Apple $\frac{1}{2}$ cup 15



All Meals are served with a choice of 1% or Fat Free Milk (White or Chocolate)