

2022 NOVEMBER LUNCH MENU

Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal		BBQ Joe Sandwich Cheetos Assorted Salad Bar Fruit of the Day	Brunch Lunch Buttermilk Pancakes, Berries, Syrup & Margarine Cheesy Breakfast Tots & Ketchup Assorted Salad Bar Fruit of the Day	Sweet & Sour Chicken Steamed White Rice Assorted Salad Bar Fruit of the Day Fortune Cookie	Pizza Day Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	Chick-fil-A Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Beef Soft Shell Taco Flour Tortilla, Shred Lettuce & Cheese Crema Assorted Salad Bar Fruit of the Day	Baked Cheesy Lasagna w/Red Sauce Dinner Roll Assorted Salad Bar Fruit of the Day	Sesame Chicken Bowl Steamed White Rice & Soy Sauce Assorted Salad Bar Fruit of the Day	NO SCHOOL
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Hot Meal	Chick-fil-A 12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk	Brunch Lunch French Toast Sticks, Berries & Syrup Assorted Salad Bar Fruit of the Day	Spaghetti & Sauce Garlic Roll Assorted Salad Bar Fruit of the Day	Creamy Homemade Mac & Cheese Dinner Roll Assorted Salad Bar Fruit of the Day	Pizza Day Pepperoni Pizza Cheese Pizza Optional Extra Slice Choice Milk
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Hot Meal	Chick-fil-A Chick-fil-A Sandwich & Chips Chick-fil-A Grilled Sandwich & Chips Choice Milk	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Fruit of the Day	NO SCHOOL	NO SCHOOL	NO SCHOOL
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	
Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Hot Meal	Chick-fil-A 12 Count Nuggets & Chips 5 Count Nuggets & Chips 5 Count Grilled Nuggets & Chips Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Sun Chips Assorted Salad Bar Fruit of the Day	Golden Corn Dog w/ Ketchup French Fries & Ketchup Assorted Salad Bar Fruit of the Day	Connecting to Roots through Food The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason	
Cold		Grilled Chicken & Cheese Bun	Turkey Bun w/Mayo		
Deli Salads	(Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	