

# NOVEMBER 2021 North Cedar Lowden Elementary Lunch Menu

LUNCH



**Weekly Specialty Entrée:**

- Nov 1-5: Knight Bites**
- Nov 8-12: Turkey Bacon Wrap**
- Nov 15-19: Yogurt and Muffin**
- Nov 22-23: No Special**
- Nov 29-30: Sub Sandwich**



Meals are free for all students for the 2021-2022 School Year. We highly encourage all students to participate in the Breakfast and Lunch Program. We have several fruits and vegetable to choose from along with a hot entrée(s) and a cold weekly entrée. Menus can change at any time due to supply shortages.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Corn Dog on Stick or Hot Dog on WG Bun **1**  
K, M, WG Chips  
Applesauce, Pineapple  
Fruit of Choice, Vegetables  
Milk of Choice

Pork Chop, K,M, BBQ **2**  
Mashed Potatoes  
Gravy, Corn, B&B Sandwich  
Applesauce, Peaches  
Fruit of Choice, Vegetables  
Milk of Choice

Spaghetti **3**  
Cheese Stick  
Green Beans, Parmesan Cheese  
Applesauce, Pears  
Fruit of Choice, Vegetables  
Milk of Choice

Popcorn Chicken **4**  
Oven Fries, Scooby Doo Granams  
K, M, BBQ, Honey Mustard  
Applesauce, Mandarin Oranges  
Fruit of Choice, Vegetable Bar  
Milk of Choice

Hamburger on WG Bun **5**  
Baked Beans, Chips  
Cheese Slice, Pickles, K, M  
Applesauce, 2 Fruits of Choice  
Vegetables  
Milk of Choice

Hard Shell or Soft Shell Taco **8**  
Refried Beans, Salsa, Sour Cream  
Shred lettuce, Shred Cheese  
Applesauce, Peaches  
Fruit of Choice, Vegetables  
Milk of Choice

Roasted Turkey, Mashed Potatoes, Stuffing, Gravy **9**  
Corn, WG Roll, Applesauce  
Vegetables, Pickle Spears  
Homemade Apple & Pumpkin Pie  
Milk of Choice

Pizza **10**  
Broccoli with Cheese Sauce  
Applesauce  
Sidekick Slushie  
Fruit of Choice, Vegetables  
Milk of Choice

Lasagna **11**  
Breadstick, Green Beans  
Parmesan Cheese  
Applesauce, Tropical Fruit  
Fruit of Choice, Vegetables  
Milk of Choice

Breaded Chicken Patty on WG Bun **12**  
Chips, K, M, BBQ, Pickle, Mayo  
Applesauce, 2 Fruits of Choice  
Vegetables  
Milk of Choice

Sloppy Joe on WG Bun **15**  
Carrots, Tater Tots  
K, M, BBQ, Pickle  
Applesauce, Pears  
Fruit of Choice, Vegetables  
Milk of Choice

Salisbury Steak **16**  
Mashed Potatoes, Gravy  
Corn, B&B Sandwich, K, M, BBQ  
Applesauce  
Mandarin Oranges, Fruit of Choice  
Vegetables, Milk of Choice

Taquitos **17**  
Spanish Rice, Spiced Apples  
Shredded Cheese or Cheese Sauce, Salsa, Sour Cream  
Applesauce, Peaches, Fruit of Choice, Vegetables, Milk

Chicken Drumstick **18**  
Au Gratin Potatoes, B&B Sandwich, Applesauce  
Tropical Fruit, Fruit of Choice  
Vegetable Bar  
Milk of Choice

Corn Dog or Cheddarwurst on WG Bun **19**  
Baked Beans, Chips, K, M  
Applesauce, 2 Fruits of Choice  
Vegetables  
Milk of Choice

Walking Taco **22**  
Refried Beans  
Shredded Lettuce, Shred Cheese  
Salsa, Sour Cream, Applesauce  
Sidekick Slushie, Fruit of Choice  
Vegetables, Milk of Choice

Chicken Nuggets **23**  
Mashed Potatoes, Corn  
WG Roll, K,M, BBQ, Honey Mustard  
Applesauce, Peaches  
Fruit of Choice, Vegetables  
Milk of Choice

No School **24**

No School **25**

No School **26**

Chicken Tenders **29**  
Parsley Potatoes, Peas  
WG Roll, K, M, BBQ, Honey Mustard, Applesauce, Pears  
Fruit of Choice, Vegetables  
Milk of Choice

Mac and Cheese **30**  
Cocktail Smokies  
K, M, BBQ  
Applesauce, Tropical Fruit  
Fruit of Choice, Vegetables  
Milk of Choice

