



# LUNCH

# NOVEMBER 2020

Child Nutrition Pre K – 8th

# Hot Lunch Menu

## Monday

Roasted Chicken Pieces **2**  
 WG Breadstick  
 Brown Rice ½ cup  
 Kidney Beans, ¾ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Beef Cheeseburger on Bun **9**  
 Sweet Potato Fries, ¾ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Quesadilla with Cheese **16**  
 Steamed Carrots, ½ cup  
 Black Bean Salad, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Grilled Cheese Sandwich **23**  
 Steamed Carrots, ½ cup  
 Seasoned French Fries, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Roasted Chicken Pieces **30**  
 WG Breadstick  
 Brown Rice ½ cup  
 Kidney Beans, ¾ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

## Tuesday

Turkey Tacos on a Soft Tortilla Shell **3**  
 Shredded Lettuce  
 Green Pepper Strips, ½ cup  
 Sweet Potato Fries, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Chicken Fajita on Soft Shell **10**  
 Green Pepper Strips, ½ cup  
 Roasted Corn, ½ cup  
 Black Bean Salad, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Beef Tacos on a Soft Tortilla Shell **17**  
 Shredded Lettuce  
 Green Pepper Strips, ½ cup  
 Sweet Potato Fries, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

**Brunch for Lunch** **24**  
 Egg & Cheese on a  
 WG Bagel/English Muffin  
 Hash Browns ½ cup  
 Green Pepper Strips, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

## Wednesday

Chicken Patty on a Bun **4**  
 Honey Mustard & BBQ Sauce  
 Potato Wedges- ¾ cup  
 Fresh Seasonal Fruit, ½ cup  
 Choice of Milk



**Pilgrim Lunch** **18**  
 Hot Turkey and Gravy  
 Mashed Potatoes, ½ cup  
 Steamed Green Beans, ½ cup  
 Assorted Fruit, ½ cup  
 - Cranberry Sauce,

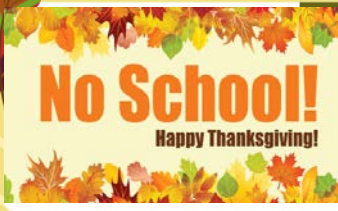
Chicken BBQ Teriyaki **25**  
 with Brown Rice  
 Steamed Broccoli, ¾ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

## Thursday

Baked Macaroni & Cheese **5**  
 Carrot Coins, ½ cup  
 Steamed Broccoli, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Chicken Nuggets with Potato Wedges, ½ cup **12**  
 Savory Green Beans, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

**Brunch for Lunch** **19**  
 Egg & Cheese on a  
 WG Bagel/English Muffin  
 Hash Browns ½ cup  
 Green Pepper Strips, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk



## Friday

Sicilian Pizza **6**  
 Steamed Zucchini, ¾ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Crispy Mozzarella Sticks **13**  
 Rotini Pasta  
 Marinara Sauce  
 Steamed Broccoli, ½ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk

Cheese Pizza **20**  
 Steamed Zucchini, ¾ cup  
 Assorted Fruit, ½ cup  
 Choice of Milk



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
 Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).



The U.S.D.A. and NYSED have granted free Breakfast and free Lunch to ALL students until further notice

**Available Daily**  
 Peanut Butter or Sun Butter & Jelly Sandwiches  
 American Cheese Sandwiches (Mayo/Mustard)  
 Assorted Fruit  
 Fresh Fruit-1 Piece ex (apple, banana, orange)  
 Frozen Fruit Cup ½ cup  
 Prepared Fruit Cup ½ cup  
 Ex. (pear, pear, peaches, applesauce)