

November 2022 Cold Menu

Dinner	Mon, October 31	Amount	Tue, November 1	Amount	Wed, November 2	Amount	Thu, November 3	Amount	Fri, November 4	Amount
Bread/Grain			Fresh- Philly Cheesesteak		Fresh- Taco Burger		Fresh- Chicken Pizza Burger		Fresh- Chicken Fried Steak	
Meat/Alt			WG Sub Roll	2.0oz	WG Bun	2.0oz	Wheat Bun	2.0oz	Whole Grain Bun	2.0oz
Meat/Alt			Chopped Beef	1.5oz	Ground Beef	2.0oz	Chicken Breast	2.0oz	Chicken Fried Steak	2.0oz
Meat/Alt			Cheese sauce	0.5oz	Shreaded Cheese	0.20	Swiss Cheese	0.5oz	Schreiber Swiss American Cheese	0.5oz
Fruit/Veg			Apple Red Del 138ct	0.5cup	Whole Orange 138ct	0.5cup	Carrot Baby 3oz	0.5cup	Whole Orange 138ct	0.5cup
Fruit/Veg			Carrot Baby 3oz	0.5cup	Carrot Baby 3oz	0.5cup	Apple Red Del 138ct	0.5cup	Carrot Baby 3oz	0.5cup
Dairy			Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz
	Mon, November 7	Amount	Tue, November 8	Amount	Wed, November 9	Amount	Thu, November 10	Amount	Fri, November 11	Amount
Bread/Grain	Fresh- Hawaiian Chicken Sandwich		Fresh- Meatball Sub		Fresh- Philly Cheesesteak		Fresh- Taco Burger		Fresh- Chicken Pizza Burger	
Meat/Alt	Whole Grain Wheat Bun 2 sl.	2.0oz	WG Sub	2.0oz	WG Sub Roll	2.0oz	WG Bun	2.0oz	Wheat Bun	2.0oz
Meat/Alt	Chicken Thigh Meat	2.0oz	Meatballs	1.5oz	Chopped Beef	1.5oz	Ground Beef	2.0oz	Chicken Breast	2.0oz
Meat/Alt			White American Cheese	0.5oz	Cheese sauce	0.5oz	Shreaded Cheese	0.20	Swiss Cheese	0.5oz
Fruit/Veg	Carrot Baby 3oz	0.5cup	Carrot Baby 3oz	0.5cup	Apple Red Del 138ct	0.5cup	Whole Orange 138ct	0.5cup	Carrot Baby 3oz	0.5cup
Fruit/Veg	Apple Red Del 138ct	0.5cup	Whole Orange 138ct	0.5cup	Carrot Baby 3oz	0.5cup	Carrot Baby 3oz	0.5cup	Apple Red Del 138ct	0.5cup
Dairy	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz
	Mon, November 14	Amount	Tue, November 15	Amount	Wed, November 16	Amount	Thu, November 17	Amount	Fri, November 18	Amount
Bread/Grain	Fresh- Chicken Fried Steak		Fresh- Hawaiian Chicken Sandwich		Fresh- Meatball Sub		Fresh- Philly Cheesesteak		Fresh- Taco Burger	
Meat/Alt	Whole Grain Bun	2.0oz	Whole Grain Wheat Bun 2 sl.	2.0oz	WG Sub	2.0oz	WG Sub Roll	2.0oz	WG Bun	2.0oz
Meat/Alt	Chicken Fried Steak	2.0oz	Chicken Thigh Meat	2.0oz	Meatballs	1.5oz	Chopped Beef	1.5oz	Ground Beef	2.0oz
Meat/Alt	Schreiber Swiss American Cheese	0.5oz			White American Cheese	0.5oz	Cheese sauce	0.5oz	Shreaded Cheese	0.20
Fruit/Veg	Whole Orange 138ct	0.5cup	Apple Red Del 138ct	0.5cup	Carrot Baby 3oz	0.5cup	Carrot Baby 3oz	0.5cup	Whole Orange 138ct	0.5cup
Fruit/Veg	Carrot Baby 3oz	0.5cup	Carrot Baby 3oz	0.5cup	Whole Orange 138ct	0.5cup	Apple Red Del 138ct	0.5cup	Carrot Baby 3oz	0.5cup
Dairy	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz
	Mon, November 21	Amount	Tue, November 22	Amount	Wed, November 23	Amount	Thu, November 24	Amount	Fri, November 25	Amount
Bread/Grain	Fresh- Chicken Pizza Burger		Fresh- Chicken Fried Steak		Fresh- Hawaiian Chicken Sandwich		Fresh- Meatball Sub		Fresh- Philly Cheesesteak	
Meat/Alt	Wheat Bun	2.0oz	Whole Grain Bun	2.0oz	Whole Grain Wheat Bun 2 sl.	2.0oz	WG Sub	2.0oz	WG Sub Roll	2.0oz
Meat/Alt	Chicken Breast	2.0oz	Chicken Fried Steak	2.0oz	Chicken Thigh Meat	2.0oz	Meatballs	1.5oz	Chopped Beef	1.5oz
Meat/Alt	Swiss Cheese	0.5oz	Schreiber Swiss American Cheese	0.5oz			White American Cheese	0.5oz	Cheese sauce	0.5oz
Fruit/Veg	Apple Red Del 138ct	0.5cup	Carrot Baby 3oz	0.5cup	Carrot Baby 3oz	0.5cup	Carrot Baby 3oz	0.5cup	Apple Red Del 138ct	0.5cup
Fruit/Veg	Carrot Baby 3oz	0.5cup	Whole Orange 138ct	0.5cup	Apple Red Del 138ct	0.5cup	Whole Orange 138ct	0.5cup	Carrot Baby 3oz	0.5cup
Dairy	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz
	Mon, November 28	Amount	Tue, November 29	Amount	Wed, November 30	Amount				
Bread/Grain	Fresh- Taco Burger		Fresh- Chicken Pizza Burger		Fresh- Chicken Fried Steak					
Meat/Alt	WG Bun	2.0oz	Wheat Bun	2.0oz	Whole Grain Bun	2.0oz				
Meat/Alt	Ground Beef	2.0oz	Chicken Breast	2.0oz	Chicken Fried Steak	2.0oz				
Meat/Alt	Shreaded Cheese	0.20	Swiss Cheese	0.5oz	Schreiber Swiss American Cheese	0.5oz				
Fruit/Veg	Carrot Baby 3oz	0.5cup	Carrot Baby 3oz	0.5cup	Whole Orange 138ct	0.5cup				
Fruit/Veg	Whole Orange 138ct	0.5cup	Apple Red Del 138ct	0.5cup	Carrot Baby 3oz	0.5cup				
Dairy	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz	Hiland White Milk 1% 8oz	8 oz				