KREMMER'S Community Kitchen

Lunch Menu
9-12th Grade
November 2022

Serving Sizes are as follows:
9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
October 31 **Turkey Ham Steak** Whole Wheat Bread California Veg Blend Fruit Butter Packet Milk **Veggie Burger**	**November 1** **Beef BBQ on WG Bun** Potato Wedges Fruit Ketchup Milk **Veggie Bean BBQ**	**November 2** **Grilled Chicken** Garden Salad Ranch Dressing WG Dinner Roll Golfish Crackers Fruit Milk **Edamame**	**November 3** **Hamburger Macaroni & Cheese w/ WG Pasta** Dinner Roll Green Beans Cheez-its Fruit Milk **Mac & Cheese**	**November 4** **Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla** Carrot Sticks Goldfish Crackers Ranch Fruit Milk **Cheese Sandwich**
November 7 **Taco Beef** Brown Rice WG Tortilla Chips Corn & Black Bean Salad Shredded Cheddar Cheese Fruit Milk **Bean Burrito** **National Nachos Day!!**	**November 8** **Balsamic Grilled Chicken** Brown Rice California Vegetable Blend Fruit Milk **Balsamic Tofu**	**November 9** **Turkey Ham & Cheddar Cheese on WG Bun** Baby Carrots (cooked carrots) Fruit Mayo Milk **Cheese sandwich on WG Bun**	**November 10** **Baked Ziti w/ Grilled Chicken** *(WG Pasta w/ tomato sauce and mozz cheese)* Dinner Roll Spinach Fruit Milk **Veggie Meat Ball Parm**	**November 11** **Shepherd's Pie (ground beef, mashed potatoes, peas, gravy)** Dinner Roll Fruit Milk **Lentil Pie**
November 14 **Hamburger** Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Fries Fruit Milk **Veggie Patty on Wheat Bread**	**November 15** **WG Chicken Tenders** Mashed Potatoes Fruit Honey Mustard Milk **Veggie Nuggets**	**November 16** **Turkey & Cheese Sandwich** Whole Grain Sandwich Roll Celery Sticks Fruit Lite Ranch Dressing Milk **Egg Salad Sandwich on WG Roll**	**November 17** **Swedish Meatballs** WG Pasta w/ Butter Dinner Roll Green Beans Fruit Milk **Veggie Meatballs**	**November 18** **BBQ Chicken & Cheese Wrap on WG Flour Tortilla** Side Salad w/ Ranch Dressing Fruit Milk **Tofu BBQ**
November 21 **Chicken Patty Sandwich** WG Sandwich Roll Sweet Potato Fries Fruit Milk **Veggie Burger**	**November 22** **Meatballs in Marinara Sauce on WG Hoagie Roll** Shredded Mozzarella Cheese Green Beans Fruit Milk **Veggie Meatballs**	**November 23** **Grilled Chicken** Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk **Edamame**	**November 24** **HAPPY THANKSGIVING!!**	**November 25**
November 28 **Turkey Sausage** WG French Toast String Cheese Breakfast Potatoes Fruit Milk **Veggie Sausage** **National French Toast Day!**	**November 29** **Mac & Cheese w/ WG Pasta** Dinner Roll Peas & Carrots Fruit Milk	**November 30** **Turkey and Cheddar Cheese Chef Salad** Romaine Lettuce w/ Tomatoes Ranch Dressing WG Dinner Roll Fruit Milk **Edamame**	**December 1** **Beef Chili** California Veg Blend Shredded Cheddar Cheese Dinner Roll Fruit Goldfish Milk **Bean Chili**	**December 2** **Pizza Sticks** Cooked Carrots Fruit Milk

Daily Lunch Alternates: Chicken Tenders, Garden Salad w/ Cheese or Turkey & Cheese Sandwich

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos