

NTCA NOVEMBER LUNCH MENU

(10 Day Menu Cycle)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <i>Turkey & Cheese on a w/g bread, romaine lettuce & tomato Fruit Milk</i>
4 Chicken Tetrazzini Steamed carrots w/g bread Fruit Milk	5 Hamburger on a w/g bun Whole kernel corn Fruit Milk	6 Macaroni & Cheese Spinach Whole grain bread Fruit Milk	7 BBQ Baked Chicken Vegetarian Beans Potato salad Fruit Milk	8 NO SCHOOL
11 Spaghetti w/ meat sauce, peas & carrots, w/g bread Fruit Milk	12 Chicken Nuggets Rice Steamed broccoli Fruit Milk	13 Beef hot dog on a w/g bun Vegetarian beans Fruit Milk	14 ALL SCHOOL FIELD TRIP BAG LUNCHES PROVIDED FOR STUDENTS	15 Turkey & Cheese on w/g bread w/ romaine lettuce leaf, tomatoes, carrots Fruit Milk
18 Chicken Tetrazzini Green Beans Whole grain bread Fruit Milk	19 Hamburger on a w/g bun Whole kernel corn Fruit Milk	20 Macaroni & Cheese Spinach Whole grain bread Fruit Milk	21 BBQ Baked Chicken Vegetarian Beans Potato Salad Fruit Milk	22 Nachos w/ meat & Cheese Nachos chips Mexicali Corn Fruit Milk
25 Spaghetti w/ meat sauce, peas & carrots, w/g bread Fruit Milk	26 Chicken nuggets Rice Steamed broccoli Fruit Milk	27 NO SCHOOL	28 HAPPY THANKSGIVING	29 NO SCHOOL

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This institution is an equal opportunity provider.

1% Low-fat milk or fat-free chocolate milk is served with every meal