

# NOVEMBER | 2022



## PRC Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Enter Text Here	31 Cheeseburger Roasted potatoes Asst veggies Fruit Juice/milk	1 Grilled cheese with bacon Sweet potatoes Asst veggies Fruit Juice/milk	2 Pork burrito Brown rice Asst veggies Fruit Juice/milk	3 Spaghetti with meatballs Garlic bread Asst veggies Fruit Juice/milk	4 Pizza Fruit Asst veggies Fruit Juice/milk	5 Rotisserie chicken salad Chips Fruit Juice
6 Roast beef wrap Chip Fruit Juice	7 Homemade chicken tenders Mashed potatoes Asst veggies Fruit Juice/milk	8 Chefs choice	9 Steak burrito Brown rice Asst veggies Fruit Juice/milk	10 Spaghetti with meatballs Garlic bread Asst veggies Fruit Juice/milk	11 Pizza Fruit Asst veggies Fruit Juice/milk	12 Ham and cheese on a whole grain flatbread Chips Fruit Juice
17 Turkey and cheese on a wholegrain flatbread Chips Fruit Juice	14 Cheeseburger Roasted potatoes Asst veggies Fruit Juice/milk	15 Grilled cheese with bacon Sweet potatoes Asst veggies Fruit Juice/milk	16 Pork burrito Brown rice Asst veggies Fruit Juice/milk	17 Spaghetti with meatballs Garlic bread Asst veggies Fruit Juice/milk	18 Pizza Fruit Asst veggies Fruit Juice/milk	19 Rotisserie chicken salad Chips Fruit Juice
20 Roast beef wrap Chip Fruit Juice	21 Homemade chicken tenders Mashed potatoes Asst veggies Fruit Juice/milk	22 Thanksgiving feast Turkey Stuffing Glazed carrots Roll Dessert Juice/milk	23 Steak burrito Brown rice Asst veggies Fruit Juice/milk	24 Break	25 Break	26 Break
27 Turkey and cheese on a wholegrain flatbread Chips Fruit Juice	28 Cheeseburger Roasted potatoes Asst veggies Fruit Juice/milk	29 Grilled cheese with bacon Sweet potatoes Asst veggies Fruit Juice/milk	30 Pork burrito Brown rice Asst veggies Fruit Juice/milk	1	2	3