NOVEMBER | 2023
PRC Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	**1** Chicken fajitas Brown Spanish rice Assorted veggies Fruit Juice/Milk	**2** Butternut squash pasta with pork Assorted veggies Fruit Juice/Milk	**3** Three cheese calzone Assorted veggies Fruit Juice/Milk	**4** Crispy chicken sandwich Roasted potato Assorted veggie Fruit Cup
5 Beef quesadilla Cheesy rice Assorted veggies Fruit cup	**6** Chicken sausage with peppers onions Garlic rice Assorted veggies Fruit Juice/Milk	**7** Beef stir fry Assorted veggies Fruit Juice/Milk	**8** Baked pork chimichanga Cilantro lime quinoa/rice Assorted veggies Fruit Juice/Milk	**9** Harvest gnocchi with chicken Assorted veggies Fruit Juice/Milk	**10** Meat and cheese calzone Assorted veggies Fruit Juice/Milk	**11** Cheeseburger burrito Roasted potato Assorted veggies Fruit cup
12 BBQ chicken Baked beans Assorted veggies Fruit cup	**13** Ranch porkchops Quinoa pilaf Assorted veggies Fruit Juice/Milk	**14** Chicken fried rice Assorted veggies Fruit Juice/Milk	**15** Chicken fajitas Brown Spanish rice Assorted veggies Fruit Juice/Milk	**16** Butternut squash pasta with pork Assorted veggies Fruit Juice/Milk	**17** Three cheese calzone Assorted veggies Fruit Juice/Milk	**18** Crispy chicken sandwich Roasted potato Assorted veggie Fruit Cup
19 Beef quesadilla Cheesy rice Assorted veggies Fruit cup	**20** Chicken sausage with peppers onions. Garlic rice Assorted veggies Fruit Juice/Milk	**21** Beef stir fry Assorted veggies Fruit Juice/Milk	**22** Baked pork chimichanga Cilantro lime quinoa/rice Assorted veggies Fruit Juice/Milk	**23** Harvest gnocchi with chicken Assorted veggies Fruit Juice/Milk	**24** Meat and cheese calzone Assorted veggies Fruit Juice/Milk	**25** Cheeseburger burrito Roasted potato Assorted veggies Fruit cup
26 BBQ chicken Baked beans Assorted veggies Fruit cup	**27** Ranch porkchops Quinoa pilaf Assorted veggies Fruit Juice/Milk	**28** Chicken fried rice Assorted veggies Fruit Juice/Milk	**29** Chicken fajitas Brown Spanish rice Assorted veggies Fruit Juice/Milk	**30** Butternut squash pasta with pork Assorted veggies Fruit Juice/Milk	1	2