




What's on the Menu?



The Arthur School: November 2022 Delivery Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Every meal includes an entrée supplying grain and sometimes additional protein, fresh fruit, and a choice of low-fat and fat-free milk</p>	<p>1 Chicken and Sausage Jambalaya Green Beans, Buttered Baby Carrots WG Dinner Roll</p> <p>Golden Apples</p>	<p>2 Chicken Cordon Bleu Sandwich on WG Bun Roasted Buffalo Cauliflower, Seasoned Pinto Beans</p> <p>Oranges</p>	<p>3 Meatball Sub on WG Bun, Macaroni & Cheese, Green Peas Roasted Squash</p> <p>Bananas</p>	<p>4 Stuffed Bell Pepper w/ Macaroni & Cheese, WG Roll, Roasted Mixed Veggies, Steamed Green Beans</p> <p>Oranges</p>
<p>7 White Beans w/ Brown Rice, Sausage and Cornbread Seasoned Collard Greens, Corn on the cob</p> <p>Red Apples</p>	<p>8 Baked Chicken w/ Brown Rice and Gravy Seasoned Green Peas Roasted Carrots WG Roll</p> <p>Grapes</p>	<p>9 Cheeseburger on WG Bun, Seasoned Green Beans Baked Broccoli and Cheese</p> <p>Oranges</p>	<p>10 Turkey Hot Dogs & Chili, Baked Beans, Roasted Corn, Seasoned Cabbage</p> <p>Bananas</p>	<p>11 Lasagna w/ WG Garlic Bread, Roma Herb Sweet Potato Wedges, Sweet Peas</p> <p>Green Apples</p>
<p>14 Red Beans and Sausage w/ Brown Rice, Roasted Carrots, Seasoned Cabbage, Corn Bread</p> <p>Red Apples</p>	<p>15 Turkey Tacos w/ Cheddar and Fiesta Rice, Mexican Street Corn Seasoned Carrot Fries</p> <p>Broccoli Florets</p>	<p>16 Roasted Turkey w/ Gravy, Half Baked Sweet Potato Cornbread Stuffing, Broccoli and Cheese, Italian Green Beans, WG Roll</p> <p>Green Apples</p>	<p>17 Sloppy Joes on WG Buns, Yellow Squash, Seasoned Green Beans</p> <p>Golden Apples</p>	<p>18 Shepherd's Pie w/ WG Roll, Roasted Carrots, Steamed Cabbage</p> <p>Banannas</p>
<p>21 No School</p>	<p>22 No School</p>	<p>23 No School</p>	<p>24 No School</p>	<p>25 No School</p>
<p>28 White Beans w/ Brown Rice, Sausage and Cornbread Seasoned Carrots, Roasted Cauliflower</p> <p>Red Apples</p>	<p>29 Sweet & Sour Chicken w/ Brown Rice, Sesame Green Beans, Roasted Yellow Squash and Veggie Eggroll</p> <p>Golden Apples</p>	<p>30 Chicken Cordon Bleu Sandwich on WG Bun Seasoned Pinto Beans Seasoned Corn</p> <p>Oranges</p>	<p> Vegetarian  Locally Grown</p> <p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	