

NOVEMBER 2022 Fairmount Lunch Menu

	Tuesday 11/1	Wednesday 11/2	Thursday 11/3	Friday 11/4
	<p>Shredded Chicken Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Refried Beans Key Largo Vegetables</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Cheesesteak Sub on a Whole Grain Roll with Lettuce and Tomato</p> <p>Sweet Potato Waffle Fries Seasoned Peas and Carrots</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>4 Cheese Baked Ziti</p> <p>California Blend Vegetables Diced Roasted Potatoes</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Sweet Potato Fries Steamed Broccoli</p> <p>Mandarin Oranges, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>
Monday 11/7	Tuesday 11/8	Wednesday 11/9 National Fried Chicken Sandwich Day	Thursday 11/10	Friday 11/11
<p>Jumbo Stuffed Shells with Marinara</p> <p>Mediterranean Blend Vegetables Cheesy Garlic Bread</p> <p>Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Professional Day No School for Students</p>	<p>Oven Fried Chicken Sandwich on a Whole Grain Bun with American Cheese, Lettuce, Tomato, Pickles and Barbecue Sauce</p> <p>Sweet Potato Waffle Fries Seasoned Green Beans</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Baked Chicken Tenders with Honey Mustard Dipping Sauce</p> <p>German Blend Vegetables Au Gratin Potatoes</p> <p>Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Fries Seasoned Corn</p> <p>Whole Apple, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>
Monday 11/14	Tuesday 11/15	Wednesday 11/16	Thursday 11/17	Friday 11/18
<p>Spaghetti and Meatballs with Marinara Sauce</p> <p>Cheesy Garlic Bread Mediterranean Blend Vegetables</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Spanish Rice Mexican Pinto Beans</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Oven Fried Chicken and Whole Grain Waffles with Sugar Free Syrup</p> <p>Sweet Potato Waffle Fries Seasoned Green Beans</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Sweet and Sour Chicken</p> <p>Scented Jasmine Rice Asian Blend vegetables</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Crust</p> <p>Steamed Baby Carrots Rice Pilaf</p> <p>Mandarin Oranges, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>
Monday 11/21	Tuesday 11/22	Wednesday 11/23	Thursday 11/24	Friday 11/25
<p>Baked Whole Grain Fish Sticks with Tartar Sauce</p> <p>Baked Fries Seasoned Peas</p> <p>Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>All School Thanksgiving Meal</p>	<p>Thanksgiving Break No School</p>	<p>Thanksgiving Break No School</p>	<p>Thanksgiving Break No School</p>
Monday 11/28 National French Toast Day	Tuesday 11/29	Wednesday 11/30		
<p>Whole Grain French Toast Stick with Sugar Free Syrup with Turkey Sausage Patties</p> <p>Steamed Baby Carrots Seasoned Potato Wedges</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Spanish Rice Mexican Pinto Beans</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomato</p> <p>Sweet Potato Waffle Fries California Blend Vegetables</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>		