

Encompass

November 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 TurkeyVeg W/GNoodSoup Cucumber Apple WGR Bread WhMilk-1 /Skim-2^	2 Salisbury Steak + Broccoli Cauliflower Peaches WGRDinnerroll Ketchup WhMilk-1 /Skim-2^	3 HamAugrPotatoesw/GrBns Cantaloupe WGRBreadstick WhMilk-1 /Skim-2^	4 Breaded Fish+ Cherry Tomatoes Canned Pears WGR Bread Tartar Sauce WhMilk-1 /Skim-2^
7 Chseburger VegCasserole Oranges WGR Bread WhMilk-1 /Skim-2^	8 CreamPotatoHamSoup Cucumber Apple WGR Pizza Sticks + WhMilk-1 /Skim-2^	9 W/GPancakeSausageWrap+ Yogurt Red-Yellow-Grn Peppers Applesauce WhMilk-1 /Skim-2^	10 Meatloaf + Corn, Creamed Cantaloupe WGR Bread WhMilk-1 /Skim-2^	11 Chicken Fillet+ Broccoli Pears WGRDinnerroll WhMilk-1 /Skim-2^
14 LunchMeat&ChsWGRSandwich Cucumber Oranges Mayonnaise WhMilk-1 /Skim-2^	15 Beef & 3Bean Soup Baby Carrots w/ Dip Apple WGR Bread WhMilk-1 /Skim-2^	16 BBQ Chicken Hashbrown Stix Peaches WGR Hamburger Bun Ketchup WhMilk-1 /Skim-2^	17 Meatball+SpagSauW/GRoll Mozzarella Cheese ItalianMixedVegetables Cantaloupe WhMilk-1 /Skim-2^	18 Hamburger+ Baked Beans Tropical Fruit WGR Hamburger Bun Ketchup WhMilk-1 /Skim-2^
21 Pork Stew w/ Vegetables Oranges WGR Biscuit WhMilk-1 /Skim-2^	22 CreamChickenDumplingSoup Green Pepper Pears WGR Bread WhMilk-1 /Skim-2^	23 Turkey & Gravy Mashed Potatoes Peaches WGRDinnerroll WhMilk-1 /Skim-2^	24 NO SCHOOL TODAY	25 Ham & Cheese WGRSandwich Tomatoes Apple Mayonnaise WhMilk-1 /Skim-2^
28 Breaded Chicken Patty+ Green Beans Oranges WGR Hamburger Bun WhMilk-1 /Skim-2^	29 Chicken W/GR Noodle Soup Cucumber Pears WGR Bread WhMilk-1 /Skim-2^	30 SmorgasofEntrees,Veg/Frt Variety of Items FrshorCanVegandFruit WGR Bread WhMilk-1 /Skim-2^		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.