

TRINITY CHRISTIAN SCHOOL MENU

LUNCH NOVEMBER 2022 K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov. 1, 2022	Nov. 2, 2022	Nov. 3, 2022	Nov. 4, 2022
	Chicken Filet Sandwich on a Whole Wheat Bun [^] Mixed Vegetables Seasoned Broccoli Chilled Mixed Fruit Low fat or skim milk	Spaghetti w/ Ground Beef cooked in Tomato Sauce Garden Salad Slice of Garlic Bread [^] Pineapple Chunks Low fat or skim milk	Turkey & Cheese Sandwich on Whole Wheat Bread [^] Splash Veggie Juice Pear Halves Low fat or skim milk	Hot Dog on a Whole Wheat Bun [^] Baked French Fries Baked Beans Cherry Crisp Low fat or skim milk
Nov. 7, 2022	Nov. 8, 2022	Nov. 9, 2022	Nov. 10, 2022	Nov. 11, 2022
NO SCHOOL	NO SCHOOL	Baked Chicken Tenders and Whole Wheat Roll [^] Garden Salad w/ Grape Tomatoes & Dressing Black-eyed Peas/Snaps Chilled Mixed Fruit Low fat or skim milk	4-Cheese Panini [^] Mixed Vegetables Mixed Fruit Whole Grain Roll [^] Low fat or skim milk	NO SCHOOL
Nov. 14, 2022	Nov. 15, 2022	Nov. 16, 2022	Nov. 17, 2022	Nov. 18, 2022
Sloppy Joe on a Whole Wheat Bun Garden Salad w/ Dressing Seasoned Green Beans Fresh Orange Wedges Low fat or skim milk	Cheese Quesadillas Brown Rice Glazed Carrots Pinto Beans Chilled Pineapples Low fat or skim milk	Hot Dogs w/ Chili On Wheat Bun [^] Baked French Fries Green Beans Splash Veggie Juice Low fat or skim milk	Chicken Sandwich on a Whole Wheat Bun [^] Baby Carrots/Dressing Mixed Vegetables Chilled Pears Low fat or skim milk	Cheeseburger on a Whole Wheat Bun [^] Oven Potato Wedges Cucumber/Tomato Salad Applesauce Low fat or skim milk
Nov. 21, 2022	Nov. 22, 2022	Nov. 23, 2022	Nov. 24, 2022	Nov. 25, 2022
Hamburger Patty on Wheat Bun [^] Lettuce, Tomatoes, and Pickles Baked French Fries Baked Beans Diced Peaches Low fat or skim milk	Spaghetti w/ Ground Beef cooked in Tomato Sauce Diced Carrots Slice of Garlic Bread [^] Mixed Fruit Low fat or skim milk	NO SCHOOL	NO SCHOOL	NO SCHOOL
Nov. 28, 2022	Nov. 29, 2022	Nov. 30, 2022		
4-Cheese Panini [^] Steamed Corn Pineapple Chunks Toss Salad Lettuce Tomatoes Low fat or skim milk	CN Chicken Patty on Wheat Bun [^] Baked French Fries Diced Carrots Diced Peaches Low fat or skim milk	Walking Beef Tacos Lettuce Tomatoes Cheese [^] Whole Grain Chips Fruit Cocktail Low fat or skim milk		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE LOW FAT OR SKIM MILK. **MENU SUBJECT TO CHANGE**

This institution is an equal opportunity provider.

[^] Denotes item is whole-grain/whole wheat

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