| **Empower November 2024 Lunch Menu** | | | | | |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | | **Thursday** | **Friday** |
| **4** | **5** | **6** | | **7** | **8** |
| Chicken Patty (1oz)  Egg Noodles (1oz)  Broccoli(¾c)  Fresh Fruit(½c)  1% Milk (1c) | **No School** | Chicken Wrap w/Cheese(2oz)  Salad (¾c)  Carrots w/Ranch (½c)  Fresh Fruit (½c)  Chips (½c)  1% Milk (1c) | | Corn Dog (2oz)  Chips (½c)  Carrots w/Ranch (¾c)  Fresh Fruit (½c)  1% Milk (1c) | Turkey Sandwich (3oz)  Coleslaw (¾c)  Chips (½c)  Fruit Cup (½c)  1% Milk (1c) |
| **11** | **12** | **13** | | **14** | **15** |
| WG Spaghetti (1oz)  Meatballs (2oz)  Marinara Sauce (1oz)  Roll (1oz)  Salad (¾c)  Fresh Fruit (½c)  1% Milk (1c) | Nachos Chips (2oz)  Beef Taco Meat (1oz)  Queso Cheese Sauce (1oz)  Salad (¾c)  Fresh Fruit (½c)  1% Milk (1c) | Hamburger (1oz)  Cheese (1oz)  Bun (1oz)  Potato Wedges (¾c)  Fresh Fruit (½c)  1% Milk (1c) | | 5 Chicken Nuggets (2oz)  Mac & Cheese(½c)  Broccoli (¾c)  Fresh Fruit (½c)  1% Milk (1c) | Cheese Pizza (3oz)  Green Peas (¾c)  Fresh Fruit (½c)  1% Milk (1c) |
| **18** | **19** | **20** | | **21** | **22** |
| Chicken Alfredo with Penne Pasta (3oz)  Broccoli (¾c)  Fresh Fruit (½c)  1% Milk (1c) | Chicken Wrap w/Cheese(2oz)  Salad (¾c)  Carrots w/Ranch (½c)  Fresh Fruit (½c)  Chips (½c)  1% Milk (1c) | Sloppy Joe (1c)  Bun (1oz)  Cole Slaw (½c)  Potato Wedge (¾c)  Fresh Fruit (½c)  1% Milk (1c) | | Turkey Sandwich (2oz)  Potato Salad (¾c)  Celery w/Ranch (½c)  Fresh Fruit (½c)  Juice (4oz)  1% Milk (1c) | Turkey (1oz)  Stuffing (1c)  Green Beans (¾c)  Mac & Cheese (½c)  Fresh Fruit (½c)  1% Milk (1c) |
| **25** | **26** | **27** | | **28** | **29** |
| **No School** | **No School** | **No School** | | **No School** | **No School** |

***November 2024*** ~ 5wk LUNCH MENU CYCLE ~ ***Revised: 10/24/2024***

***Menu items are subject to change according to product availability.***