|  **Empower November 2024 Lunch Menu** |
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| **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.***