


P= item may include pork products
 V= item is vegetarian

NOVEMBER | 2021



LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bosco Sticks Baked Beans Diced Peaches White Milk	2 Chicken Bites and Dutch Waffle with Strawberry Topping Sweet Potato Fries Apple Slices White Milk	3 Pizza Slice Broccoli Raisels White Milk	4 Chicken Pot Pie Green Beans Mandarin Oranges White Milk	5 Pizza Crunchers w/ Marinara Sauce Corn Baked Cinnamon Apples White Milk
8 Chicken Tenders Dinner Roll Mini Peppers Diced Peaches White Milk	9 French Toast Sticks w/ Turkey Sausage Hash Brown Stars Apple Slices White Milk	10 Personal Pizza Cauliflower Raisels White Milk	11 Popcorn Chicken Dinner Roll Baked Beans Mandarin Oranges White Milk	12 Rotini and Meat Sauce Dinner Roll Broccoli Baked Cinnamon Apples White Milk
15 Chicken Nuggets Dinner Roll Baked Beans Diced Pears White Milk	16 Hamburger French Fries Applesauce White Milk	17 French Bread Pizza Carrots Craisins White Milk	18 Chicken Bites Mac and Cheese Broccoli Mixed Fruit White Milk	19 HOLIDAY MEAL 
22 Beef Teriyaki Dippers Dinner Roll Green Beans Pineapple Tidbits White Milk	23 Chicken Sandwich Assorted Fruits Fresh Veggies White Milk	<h1>Thanksgiving</h1>		
29 Bosco Sticks Baked Beans Diced Peaches White Milk	30 Chicken Bites and Dutch Waffle with Strawberry Topping Sweet Potato Fries Apple Slices White Milk	1 Pizza Slice Broccoli Raisels White Milk	2 Chicken Pot Pie Green Beans Mandarin Oranges White Milk	3 Pizza Crunchers w/ Marinara Sauce Corn Baked Cinnamon Apples White Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain- Fruit-Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich w/ Grain^V
- Grilled Cheese^V
- Chef Salad w/ grain

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.