

Lunch Menu

NO FRIED FOODS!!

Monday, October 30, 2017	Tuesday, October 31, 2017	Wednesday, November 1, 2017	Thursday, November 2, 2017	Friday, November 3, 2017
Spaghetti and Meatballs Peas and Carrots Cantaloupe	Taco Tuesday!!!! Tortilla Lettuce, Salsa Bananas	Pasta w/ Marinara and Mozzarella EF, V Cauliflower Honeydew	Chicken Fried Rice GF, DF, EF White Rice Glazed Carrots Pineapple	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad
Monday, November 6, 2017	Tuesday, November 7, 2017	Wednesday, November 8, 2017	Thursday, November 9, 2017	Friday, November 10, 2017
Chilin' Chili Mac - Turkey - EF Pasta Green Beans Honey Dew	Red Pepper Chicken - GF, EF White Rice Broccoli Cantaloupe	Turkey Sloppy Joes Slider Buns Butternut Squash Bananas	Mega Mac & Cheese V, EF Cauliflower Pineapple	Pasta Alfredo - V, EF Cucumbers Fruit Salad
Monday, November 13, 2017	Tuesday, November 14, 2017	Wednesday, November 15, 2017	Thursday, November 16, 2017	Friday, November 17, 2017
Mama's Bolognese EF, DF Sliced Carrots Cantaloupe	Chicken Verde - DF, EF Tortillas Cauliflower Bananas	Quinoa Penne Marinara V, DF, EF, Vegan Pasta Broccoli Pineapples	Meatball Slider Slider Buns Green Beans Honey Dew	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad
Monday, November 20, 2017	Tuesday, November 21, 2017	Wednesday, November 22, 2017	Thursday, November 23, 2017	Friday, November 24, 2017
Turkey Burger Slider Buns Green Beans Honey Dew	Spaghetti and Meatballs Peas and Carrots Cantaloupe	Slow Roasted Turkey Corn Bread Stuffing Butternut Squash Bananas	Happy Thanksgiving!	Turkey Sandwich EF, DF Bread Cucumbers Fruit Salad
Monday, November 27, 2017	Tuesday, November 28, 2017	Wednesday, November 29, 2017	Thursday, November 30, 2017	Friday, December 1, 2017
Three Bean Chili V, Vegan, EF, GF, DF Tortillas Tomato, Carrot Cantaloupe	Red Pepper Turkey - GF, EF White Rice Broccoli Bananas	Pasta w/ Marinara and Mozzarella EF, V Cauliflower Honeydew	Chicken Fried Rice GF, DF, EF White Rice Glazed Carrots Pineapple	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad



**NO FRIED FOODS! NO MSG! NO HIGH
FRUCTOSE CORN SYRUP!**

HOK nutritionally balanced meals made
from all natural ingredients.