November 2026 Vegetarian Lunch Menu

Component	Minimum Serving			11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	Veggie Patty	Cheese Quessdilla	Veggie Nugget	Sweet and Sour Beyond Meatball	Creamy Tomato Basil w Mozzarella Cheese
Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole Grain Patties	Whole Grain Tortilla	Whole Grain Tortilla Chips	Brown Rice	W. G. Penne Pasta
Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	Carrots/ Yogurt Ranch	Pinto Beans	Cucumbers/Yogurt Ranch	Green peas	Tossed Salad w/ Italian Dressing
				Apple Sauce	Fruit SaladFresh	Blueberry AppleSauce	Fresh Bananas	Sliced Apples
Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Other extra items						Veg Sub, Green Beans		Veg Sub, Green Peas
Component	**Minimum Serving**			**11/9/2026**	**11/10/2026**	**11/11/2026**	**11/12/2026**	**11/13/2026**
Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	Veggie Nugget	Beyond Meatball Marinara	Mac & Cheese	Veggie Sausage	Cheese Pizza
Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Brown Rice	W.G. Penne Pasta	Whole Grain Macaroni	Whole grain Roll	W. G. Crust
ban	1/4 cup total	1/2 cup total	3/4 cup total	Peas/Carrots	Cucumbers w/ Yogurt Ranch Dressing	Maple Carrots	Baked Potato	Green Beans
				Apple Sauce	Pineapple Tidbits	Cinnamon Applesauce	Fresh Bananas	Sliced Apples
Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
					Veg Sub, Green Beans			
Component	**Minimum Serving**			**11/16/2026**	**11/17/2026**	**11/18/2026**	**11/19/2026**	**11/20/2026**
Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	Bean and Cheese Burrito	Impossible Chicken Patty	Sunflower Butter Jelly	Veggie Nugget Taco	Cheese Stuffed Bosco Sticks
Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole Grain Tortilla	Whole Grain Oyster Crackers	Cheddar Grits	Whole Grain Tortilla	W. G. Crust
Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	Roast Butter Nut Squash	Tossed Salad/Italian Dressing	Seasoned Cooked Greens	Cucumbers with Yogurt Ranch	Green Beans
				Applesauce	Fresh Fruit Salad	Mix Berry Apple Sauce	Fresh Bananas	Sliced Apples
Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Other extra items					Veg Sub, Broccoli		Veg Sub, Cooked Carrots	
Component	**Minimum Serving**			**11/23/2026**	**11/24/2026**	**11/25/2026**	**11/26/2026**	**11/27/2026**
Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	Cheese Omelet	Grilled Cheese	Veggie Nugget		
Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole Grain Biscuit	Whole Grain Sliced Bread	W.G. Dinner Roll		
Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	Roast Sweet Potato Wedges	Tomato Soup	Mashed Potato		
				Applesauce	Fresh Fruit Salad	Cinnamon Cranberry Applesauce		
Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk		
Other extra items					Veg Sub,Green Peas			
Component	**Minimum Serving**			**11/30/2026**				
Meat or meat alternate	1 oz.	1-1/2 oz.	2 oz.	Veggie Nugget				
Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole Grain Penne Casserole				
Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total	Cucumbers/Yogurt Ranch				
				Applesauce				
Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk				
Other extra items				Veg Sub, Green Beans				

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