




# NOVEMBER

2022

## Literacy First Charter Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chicken or Cheese Tamale w/Beans Orange Cucumber Slices w/Dip / Corn Juice / Milk	<b>2</b> Pizza (Pepp & Cheese) Banana Cup of Salad w/Dressing / Carroteenies Juice / Milk	<b>3</b> Cali Burrito Applesauce Mixed Veggies / Broccoli w/Dip Juice / Milk	<b>4</b> Turkey Sub Sandwich Apple Carroteenies w/Dip Juice / Milk
<b>7</b> Chicken Nuggets w/Waffle Fries Apple Green Beans / Carroteenies w/Dip Juice / Milk	<b>8</b> Cheeseburger Peaches Beans / Cucumber Slices w/Dip Juice / Milk	<b>9</b> Calzone (Chicken Ranch & Cheese) Banana Cup of Salad w/Ranch / Carroteenies Juice / Milk	<b>10</b> Orange Chicken w/Rice Applesauce Mixed Veggies / Broccoli w/Dip Juice / Milk	<b>11</b> PB&J Sandwich Dried Cranberries Carroteenies Juice / Milk
<b>14</b> Mini Corn Dogs w/Mac & Cheese Apple Corn / Carroteenies w/Dip Juice / Milk	<b>15</b> Chicken Famous Bowl Orange Cucumber Slices w/Dip / Beans Juice / Milk	<b>16</b> Pizza (Pepp & Cheese) Banana Cup of Salad w/Dressing / Carroteenies Juice / Milk	<b>17</b> Teriyaki Chicken w/Rice Pilaf Applesauce Mixed Veggies / Broccoli w/Dip Juice / Milk	<b>18</b> Turkey Sub Sandwich Orange Carroteenies w/Dip Juice / Milk
<b>21</b> Calzone (Chicken Ranch & Cheese) Apples Carroteenies Juice / Milk	<b>22</b> Pizza (Pepp & Cheese) Dried Cranberries Carroteenies Juice / Milk	<b>23</b> <i>Thanksgiving Break</i>		<b>25</b> <i>Thanksgiving Break</i>
<b>28</b> Chicken Smackers w/ Fries Apple Green Beans /Carroteenies Juice / Milk	<b>29</b> Cheeseburger Orange Beans / Cucumber Slices w/Dip Juice / Milk	<b>30</b> Calzone (Meatball & Cheese) Banana Cup of Salad w/Ranch / Carroteenies Juice / Milk	Menus are subject to change without notice. Offer VS Serve	

**Warning:** Our School food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

"This institution is an equal opportunity provider."