Menu Subject to Change

Monday 10/31/22	Portion	Tuesday 11/01/22	Portion	Wednesday 11/02/22	Portion	Thursday 11/03/22	Portion	Friday 11/04/22	Portion
Swiss Burger	1 each	Salisbury Bf w/Gravy	1 each	Baked Chicken Breast	1 each	Corn Dog	1 each	Chicken Tenders	2 each
Baked Beans	3/4 cup	Brown Gravy	2 oz	Sweet & Sour Sauce	1 each	Corn	3/4 cup	WG Tea Biscuit	1 each
Orange Juice	1 each	Whipped Potatoes	1/4 cup	WG Brown Rice	1/2 cup	WG Tea Biscuit	1 each	Fresh Baby Carrots	3/4 cup
WG Hamburger Bun	1 each	Sliced Cucumbers	1/2 cup	Broccoli	3/4 cup	Fresh Apple	1 each	Fresh Apple	1 each
Milk	1 each	WG Tea Biscuit	1 each	Fresh Fruit in Season	1 each	Milk	1 each	Milk	1 each
Vegetarian: Sloppy Jo	1/2 cup	Fresh Apple	1 each	Milk	1 each	Veg: WG Cheese Bread	1 each	Vegetarian: Veg Sloppy Jo	1/2 cup
Alt: Turkey & Cheese	1 each	Milk	1 each	Veg: Cubed Tofu	1/2 cup	Alt: Southwest Chicken	1 each	Alt: Turkey Club Sub	1 each
Alt: Uncrustable	1 each	Veg: WG Bean Rice	14 ounce	Alt: Buffalo Chicken Wrap	1 each	Alt: Uncrustable	1 each	Alt: Uncrustable	1 each
7 III 0.161 451 451 5		Alt: Uncrustable	1 each	Alt: Uncrustable	1 each			Ranch Packet	1 each
		Alt: Chicken Cheese Wrap	1 each						
Monday 11/07/22		Tuesday 11/08/22		Wednesday 11/09/22		Thursday 11/10/22		Friday 11/11/22	
Chicken Burger	1 each	Meatballs w/Marinara	5 each	Waffles	1 each	Beef Hot Dog	1 each	Breaded Chick Patty	1 each
Sliced Cheese	1/2 ounce	Shredded Mozzarella	1/2 ounce	Chicken Patty	1 each	Baked Beans	3/4 cup	WG Hamburger Bun	1 each
WG Hamburger Bun	1 each	WG Hot Dog Bun	1 each	Fresh Baby Carrots	3/4 cup	WG Hot Dog Bun	1 each	Broccoli	1/2 cup
Brussels Sprouts	1/2 cup	Whole Kernel Corn	1/4 cup	Orange Juice	1 each	Grape Juice	1 each	Sliced Cucumbers	1/2 cup
Fresh Baby Carrots	1/2 cup	Applesauce	1/4 cup 1/2 cup	Milk	1 each	Milk	1 each	Fresh Apple	1/4 cup 1 each
•		Applesauce Milk			1 each	Milik Ketchup		Milk	
Fresh Apple Milk	1 each	Wilk Vegetarian: Cheese Bread	1 each 1 each	Pancake Syrup	1 each	Veg: Bosco Sticks	1 each 2 each	Mayonnaise	1 each 1 each
	1 each	_ ~		Alt: Buffalo Chicken Wrap		_		,	
Veg: Vegetarian Sloppy Jo	1/2 cup	Alt: Chicken Cheese Wrap	1 each	Veg: Omelet for chicken	1 each	Alt: Southwest Chicken	1 each	Vegetarian: Sloppy Jo	1/2 cup
Alt: Turkey & Cheese	1 each	Alt: Uncrustable	1 each	Alt: Uncrustable	1 each	Alt: Uncrustable	1 each	Alt: Turkey Club Sub	1 each
Alt: Uncrustable	1 each							Alt: Uncrustable	1 each
Monday 11/14/22		Tuesday 11/15/22		Wednesday 11/16/22		Thursday 11/17/22		Friday 11/18/22	
Macaroni & Cheese	2/3 cup	Chicken Drumstick	1 piece	Beef Patty	1 each	Taco Meat	3 oz		
Fresh Baby Carrots	1/2 cup	WG Tea Biscuit	1 each	American Cheese	1 slice	Whole Wheat Tortilla	1 each		
Broccoli	1/2 cup	Whole Kernel Corn	3/4 cup	WG Hamburger Bun	1 each	Black Beans	1/2 cup		
Apple Juice	1 each	Orange Juice	1 each	Green Beans	3/4 cup	Lettuce	1/2 cup	No School	
Milk	1 each	Milk	1 each	Fresh Apple	1 each	Salsa	2 oz		
Alt: Turkey & Cheese	1 each	Vegetarian: Cheese Bread	1 each	Milk	1 each	Fresh Apple	1 each		
Alt: Uncrustable	1 each	Alt: Chicken Cheese Wrap	1 each	Vegetarian: Omelet	1 each	Milk	1 each		
		Alt: Uncrustable	1 each	Alt: Buffalo Chicken Wrap	1 each	Veg: Vegetarian Taco fill	2/3 cup		
				Alt: Uncrustable	1 each	Shredded Cheese	1/2 oz		
						Alt: Uncrustable	1 each		
						Alt: Southwest Chicken	1 each		
Monday		Tuesday		Wednesday		Thursday		Friday	
11/21/22 No School		11/22/22 No School		11/23/22 No School		11/24/22 No School		11/25/22 No School	
Monday		Tuesday		Wednesday		Thursday		Friday	
11/28/22		11/29/22		11/30/22		12/01/22		12/02/22	
Swiss Burger	1 each	Chicken Tenders	2 each	Baked Chicken Breast	1 each	Corn Dog	1 each	Beef Patty w/gravy	1 each
Baked Beans	3/4 cup	WG Tea Biscuit	1 each	Sweet & Sour Sauce	1 each	Corn	3/4 cup	Brown Gravy	2 oz
Orange Juice	1 each	Fresh Baby Carrots	3/4 cup	WG Brown Rice	1/2 cup	Fresh Apple	1 each	Whipped Potatoes	1/4 cup
WG Hamburger Bun	1 each	Fresh Apple	1 each	Broccoli	3/4 cup			Sliced Cucumbers	1/2 cup
Milk	1 each	Milk	1 each	Fresh Fruit in Season	1 each	Milk	1 each	Milk	1 each
Veg:Vegetarian Sloppy Jo	1/2 cup	Ranch Packet	1 each	Milk	1 each	Veg: WG Cheese Bread	1 each	WG Tea Biscuit	1 each
Alt: Turkey & Cheese	1 each			Veg: Cubed Tofu	1/2 cup	Alt: Southwest Chicken	1 each	Fresh Apple	1 each
•		Veg: Veg Sloppy Joe	3/4 cup	Alt: Buffalo Chicken Wrap	1 each	Alt: Uncrustable	1 each	Alt: Uncrustable	1 each
Alt: Uncrustable	1 each	veg. veg Sloppy Joe	J/4 Cup	AIL. Dullaid Chickell Wiab	i cacii	AIL. UTICIUSIADIC			
Alt: Uncrustable	reach	Alt: Uncrustable	1 each	Alt: Uncrustable	1 each	Ait. Officiastable	1 00011	Veg: Bean Rice	14 ounce

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. AII BREADS SERVED ARE WHOLE GRAIN.

TRIO Community Meals does not use peanuts, pork, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!),100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings.

This institution is an equal opportunity provider.