SCHOOLHOUSE GRILL
School Meal Specialist

Allergy Menu

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS SHG is an equal opportunity provider.	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	"Breakfast For Lunch" Gluten, Dairy & Egg Free Waffles 2 ea Turkey Sausage Patty 1 ea Fresh or Chilled Fruit	Gluten, Dairy & Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh or Cooked Vegetable Fresh or Chilled Fruit
6	7	8	9	10
Gluten, Dairy & Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit
13	14	15	16	17
Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	"Breakfast For Lunch" Gluten, Dairy & Egg Free Waffles 2 ea Turkey Sausage Patty 1 ea Fresh or Chilled Fruit	Gluten, Dairy & Egg Free Sliced Turkey Sandwich Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh or Cooked Vegetable Fresh or Chilled Fruit
20	21	22	23	24
Gluten, Dairy & Egg Free - Whole Grain Chicken Nuggets 4 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Thanksgiving Day Holiday	Thanksgiving Day Holiday
27	28	29	30	
Gluten, Dairy & Egg Free Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Whole Grain Chicken Tenders 3 ea Fresh or Cooked Vegetable Fresh or Chilled Fruit	Gluten, Dairy & Egg Free - Enriched Whole Grain Pasta w/ Marinara Sauce ½ c Fresh or Cooked Vegetable Fresh or Chilled Fruit	"Breakfast For Lunch" Gluten, Dairy & Egg Free Waffles 2 ea Turkey Sausage Patty 1 ea Fresh or Chilled Fruit	