

# NOVEMBER

**Oct 28th - Nov 22nd**  
 Week #1: 28th- 1st  
 Week #2: 4th - 8th  
 Week #3: 11th- 15th  
 Week #4: 18th - 22nd

## K - 3RD Grade Food Court Menu

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.

meat/meat alternative	grain	vegetable	fruit*	milk

### Hot Entrees

Choose from several fruit and veggie choices daily

<b>CHICKEN SANDWICH</b> Crispy white chicken breast on a WGR bun					
<b>Bosco's Cheesy Stuffed Breadsticks !!</b> Comes with a marinara cup, perfect for dipping!					
<b>TACO BOX</b> Build your own TACO! Comes with ground beef, 2 soft shells, cheddar cheese, taco sauce and salsa					
<b>POPCORN Chicken Bowl</b>					

### Cold Entrees

Choose from several fruit and veggie choices daily

<b>TuttiFrutti</b> includes Chex Honey Nut® cereal, fruit cup, carrots, yogurt & string cheese *gluten free					Grab a milk for all 5 food groups!
<b>PEANUT BUTTER &amp; JELLY</b>					
<b>Garden Salad</b> Romaine lettuce served w/ grape tomatoes, carrots, egg, Shredded Cheddar, ranch dressing & WG Goldfish crackers or equiv.					
<b>HAM &amp; SWISS SANDWICH</b>					

Students can choose 1% white **milk** -or- non-fat chocolate milk (1 cup eq)

\*Some whole **fruits** count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A **food component** is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk\*

A **food item** is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, at <https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:  
 U.S. Department of Agriculture  
 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
 Washington, D.C. 20250-9410; or  
 fax:  
 (833) 256-1665 or (202) 690-7442; or  
 email:  
 Program.Intake@usda.gov

This institution is an equal opportunity provider.

### What Makes A LUNCH

**SELECT 3-5 ITEMS:**

	<b>GRAINS</b>	
	<b>PROTEIN</b>	
<b>VEGGIE</b>	<b>FRUIT</b>	

**one must be a**

**FRUIT or VEGGIE**