



November Lunch Menu

BISHOP JOHN WALKER

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability.

This institution is an equal opportunity provider.



FALL HARVEST

As leaves change color and temperatures get cooler, farmers in the region are harvesting their fall crops.

Enjoy some of these delicious fruits and vegetables this month, including apples, pears, sweet potatoes, butternut squash, broccoli, cauliflower and collard greens.

Look for these fall foods highlighted in green on your menu!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> turkey & bean chili whole grain tortilla chips mixed greens salad cucumber coins honey lime dressing fresh pear 	<p>2</p> <ul style="list-style-type: none"> chicken and cheese quesadilla in a whole wheat tortilla chili black beans tomato salsa fresh orange wedges 	<p>3</p> <ul style="list-style-type: none"> local beef burger on a whole wheat bun lettuce & tomato cheesy spinach ketchup & mustard fresh banana 	<p>4</p> <ul style="list-style-type: none"> bbq chicken drum whole wheat roll braised collard greens hash brown potatoes ketchup fresh cantaloupe 	<p>5</p> <ul style="list-style-type: none"> beef bolognese over whole wheat rotini pasta parmesan butternut squash steamed green peas fresh apple
<p>8</p> <ul style="list-style-type: none"> whole grain flatbread italian turkey sausage and cheese pizza romaine salad with diced tomatoes & house ranch dressing fresh pear 	<p>9</p> <ul style="list-style-type: none"> orange chicken whole grain fried rice asian kale slaw korean cauliflower fresh orange wedges 	<p>10</p> <ul style="list-style-type: none"> turkey ham and cheddar melt on whole wheat bread steamed corn roasted broccoli fresh banana 	<p>11</p> <p>holiday</p> <p>no school</p>	<p>12</p> <p>holiday</p> <p>no school</p>
<p>15</p> <ul style="list-style-type: none"> all beef hot dog on a whole wheat bun ketchup bbq baked beans sautéed green beans fresh pear 	<p>16</p> <ul style="list-style-type: none"> teriyaki chicken whole grain lo mein asian broccoli glazed carrots fresh orange wedges 	<p>17</p> <ul style="list-style-type: none"> baked fish sticks whole wheat roll steamed corn mashed potatoes hot sauce fresh banana 	<p>18</p> <ul style="list-style-type: none"> bbq chicken drum whole grain cornbread muffin sweet potato fries roasted cauliflower fresh cantaloupe 	<p>19</p> <ul style="list-style-type: none"> whole grain flatbread turkey pepperoni pizza green leaf salad with diced tomatoes & parmesan cream dressing fresh apple
<p>22</p> <ul style="list-style-type: none"> tuna & macaroni salad whole wheat crackers baby carrots with red pepper strips house ranch dressing fresh pear 	<p>23 thanksgiving meal</p> <ul style="list-style-type: none"> roasted turkey whole grain cornbread muffin sautéed green beans mashed potatoes & gravy fresh orange wedges 	<p>24</p> <p>holiday</p> <p>no school</p>	<p>25</p> <p>holiday</p> <p>no school</p>	<p>26</p> <p>holiday</p> <p>no school</p>
<p>29</p> <ul style="list-style-type: none"> chicken salad on whole wheat bread roasted broccoli celery sticks with house ranch dressing fresh pear 	<p>30</p> <ul style="list-style-type: none"> chicken and cheese quesadilla in a whole wheat tortilla chili black beans tomato salsa fresh orange wedges 	<p>1</p> <ul style="list-style-type: none"> local beef burger on a whole wheat bun lettuce & tomato cheesy spinach ketchup & mustard fresh banana 	<p>28 brunch for lunch</p> <ul style="list-style-type: none"> turkey sausage links whole grain waffles braised collard greens hash brown potatoes all natural syrup ketchup fresh cantaloupe 	<p>29</p> <ul style="list-style-type: none"> beef bolognese over whole wheat rotini pasta parmesan butternut squash steamed green peas fresh apple