

**FREE**  
for ALL  
Students



# NOVEMBER 2022 Journey Lunch

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Offered Daily

<p><b>Quesadilla</b> 🌿</p>	<p>1            🌿 Vegetarian            GF Gluten Free            ✓ Vegan            (P) Contains Pork</p>	<p>2  <i>No School</i></p>	<p>3            Crispy Chicken Drumstick* w/ Waffles  <i>*no antibiotics ever</i></p>	<p>4            Chicken Double Dogs*  <i>*no nitrites or nitrates</i></p>	<p>5            Housemade Bolognese Spaghetti</p>
<p><b>GF Yogurt* &amp; Granola</b> 🌿</p> <p><i>*made from cows not treated with rBST</i></p>	<p>7            Mozzarella Crunchers 🌿</p>	<p>8            GF Make Your Own Nachos</p>	<p>9            Turkey Taco Empanada <b>NEW</b></p>	<p>10            Island Hoagie</p>	<p>11  <i>Veterans Day</i></p>
<p><b>Galaxy Cheese Pizza</b> 🌿</p>	<p>14            Kickin' Nuggets w/ Roll ✓</p>	<p>15            GF Make Your Own Nachos</p>	<p>16            Cheeseburger Sliders</p>	<p>17            Turkey, Mashed Potatoes w/ Gravy &amp; Roll <b>NEW</b></p>	<p>18            GF Chicken Taquitos</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p><b>Thanksgiving Break</b></p>					
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p><b>Fruits, Veggies &amp; Milk with Meal</b></p>	
<p><b>Cheese Croissant Sandwich</b> 🌿</p>	<p>All American Hamburger</p>	<p>GF Make Your Own Nachos</p>	<p>Chicken Tenders* w/ Cornbread Poppers  <i>*no antibiotics ever</i></p>	<p><b>Fruits &amp; Veggies May Include:</b> Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit, Baby Carrots, Cooked Corn, Baked Beans (P), Tater Tots, Broccoli, Celery.</p> <p>🥛 <b>1% Milk* &amp; Nonfat Chocolate Milk*</b>  <i>*from cows not treated with rBST</i></p>	

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GF Cinnamon Rice Chex Cereal 🌿	1 Vegetarian GF Gluten Free (P) Contains Pork	2 <i>No school</i>	3 Cinnamon Glazed French Toast Sticks 🌿	4 Strawberry & Cream Cheese Bagel 🌿 <b>NEW</b>	5 Mini Cinnis 🌿
GF Honey Cheerios Cereal 🌿	7 Oatmeal Chocolate Chip Bar 🌿	8 Mini Apple Breakfast Bites 🌿	9 Breakfast Pizza Bagel 🌿	10 Pancake & Turkey Sausage Stick	11 <i>Veterans Day</i>
GF Cinnamon Rice Chex Cereal 🌿	14 Oatmeal Chocolate Chip Bar 🌿	15 Sunrise Sandwich (P)	16 Buttery Maple Waffle 🌿	17 Chicken Sausage Pancake Sandwich	18 Mini Cinnis 🌿
	21	22	23	24	25
<b>Thanksgiving Break</b>					
GF Honey Cheerios Cereal 🌿	28 Oatmeal Chocolate Chip Bar 🌿	29 Aloha Sandwich (beef)	30 Cinnamon Glazed French Toast Sticks 🌿	<b>Fruits &amp; Milk with Meal</b> 🍏🍏 <b>Fruits May Include:</b> Apple, Pear, Orange, Banana, Raisins, Fruit Cup, Seasonal Fruit 🥛 <b>1% Milk* &amp; Nonfat Chocolate Milk*</b> <i>*from cows not treated with rBST</i>	

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