Lunch **MENU**

November - Week 5
Nov 2nd—Nov 6th

The Villages Charter School Autism Center

COLD ENTREES

Tuttie Fruitie

A delicious gluten free box containing fresh fruit, string cheese, gogurt, fresh carrots and a Lucky Charms cereal. Served with a ranch

Peanut Butter & Jelly

Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

HOT ENTREES

Pepperoni Pull Apart (All Week)

Hot Food Rotations

Monday—Popcorn Chicken

Tuesday—Sloppy Joe

Wednesday—Chicken Tenders

Thursday—Mac & Cheese

Friday—Chef Choice



FRUITS & VEGGIES

Monday—Roasted Broccoli

Tuesday—Black Beans

Wednesday—Roasted Sweet Potatoes

Thursday—Mashed Potatoes

Friday—Cucumbers with Ranch

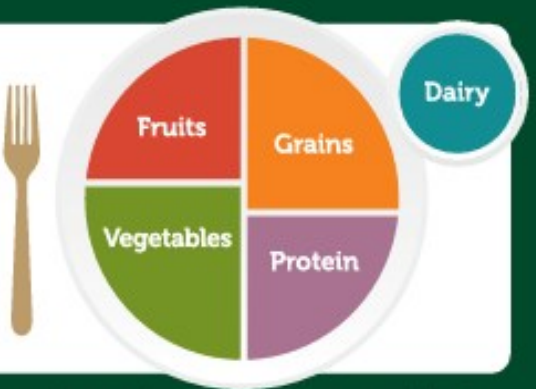
Assorted Fruits

WHAT MAKES A COMPLETE MEAL:

A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.

P PROTEIN G GRAIN V VEGETABLES F FRUIT D DAIRY

- **Choose 3-5 items (one must be a FRUIT or VEGGIE):**
- **Up to 2 FRUIT and/or VEGETABLES every day**
- **1% white MILK or non-fat chocolate MILK**



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.

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Lunch MENU

November - Week 6
Nov 9th—Nov 13th

The Villages Charter School Autism Center

COLD ENTREES

Tuttie Fruitie

A delicious gluten free box containing fresh fruit, string cheese, gogurt, fresh carrots and a Lucky Charms cereal. Served with a ranch

Peanut Butter & Jelly

Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

HOT ENTREES

Popcorn Chicken(All Week)

Hot Food Rotations

Monday—Buffaburger

Tuesday—Boneless Wings

Wednesday—Macho Nacho

Thursday—Pizza

Friday—Chef Choice



FRUITS & VEGGIES

Monday—Roasted Broccoli

Tuesday—Black Beans

Wednesday—Roasted Sweet Potatoes

Thursday—Mashed Potatoes

Friday—Cucumbers with Ranch

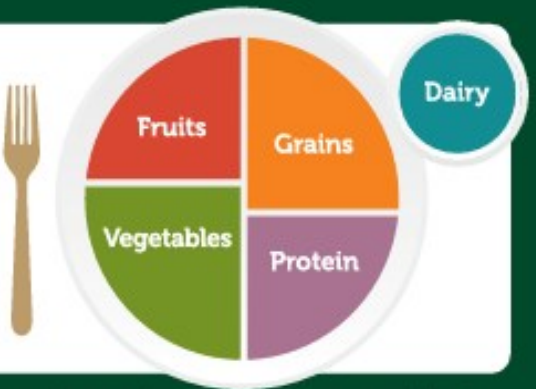
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Lunch **MENU**

November - Week 7
Nov 16th—Nov 20th

The Villages Charter School Autism Center

COLD ENTREES

Tuttie Fruitie

A delicious gluten free box containing fresh fruit, string cheese, gogurt, fresh carrots and a Lucky Charms cereal. Served with a ranch

Peanut Butter & Jelly

Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

HOT ENTREES

Detroit Style Pizza (All Week)

Hot Food Rotations

Monday—Chicken Tenders

Tuesday—Quesadilla

Wednesday—Breakfast Sandwich

Thursday—Popcorn Chicken

Friday—Chef Choice



FRUITS & VEGGIES

Monday—Roasted Broccoli

Tuesday—Black Beans

Wednesday—Roasted Sweet Potatoes

Thursday—Mashed Potatoes

Friday—Cucumbers with Ranch

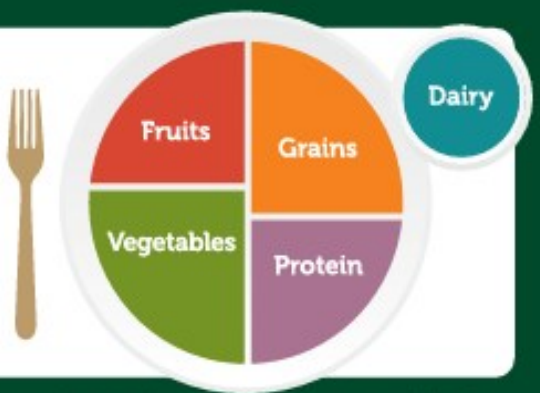
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Lunch **MENU**

November - Week 8
Nov 30th—Dec 4th

The Villages Charter School Autism Center

COLD ENTREES

Tuttie Fruitie

A delicious gluten free box containing fresh fruit, string cheese, gogurt, fresh carrots and a Lucky Charms cereal. Served with a ranch

Peanut Butter & Jelly

Creamy peanut butter and grape jelly sandwiched between two whole grain slices of bread.

HOT ENTREES

Popcorn Chicken (All Week)

Hot Food Rotations

Monday—Pizza

Tuesday—Baked Ziti

Wednesday—Grilled Cheese

Thursday—Crispy Chicken Sandwich

Friday—Chef Choice



FRUITS & VEGGIES

Monday—Roasted Broccoli

Tuesday—Black Beans

Wednesday—Roasted Sweet Potatoes

Thursday—Mashed Potatoes

Friday—Cucumbers with Ranch

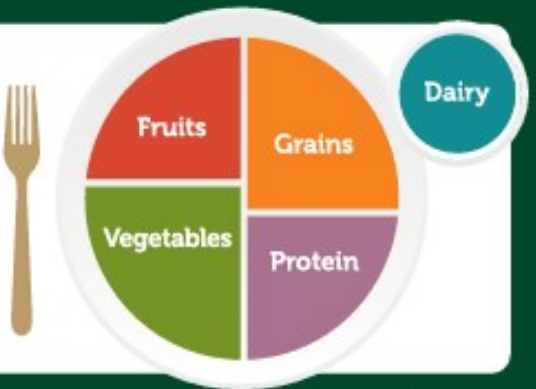
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