


November 2017

FOOTHILLS LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BONELESS WINGS POPCORN CHICKEN ASIAN SALAD PB&J SANDWICH*	2 BAHN MI SANDWICH HAMBURGER CHEESEBURGER PITA & HUMMUS*	3 TERIYAKI CHICKEN & RICE CHILI CHEESE WEDGES BEAN & CHEESE BURRITO* PB&J SANDWICH*
6 PIZZA SLICE* LASAGNA GRILLED CHICKEN SALAD PB&J SANDWICH*	7 TACO CHICKEN PARMESAN SANDWICH BAKED PASTA CHICKEN CAESAR SALAD PANINI & HUMMUS* WINTER SQUASH TASTING	8 BONELESS WINGS POPCORN CHICKEN ASIAN SALAD PB&J SANDWICH*	9 HOT DOG CHILI DOG HAMBURGER CHILI BURGER CHEESEBURGER PITA & HUMMUS* 	10 VETERAN'S DAY
13 PIZZA SLICE* RAVIOLI GRILLED CHICKEN SALAD PB&J SANDWICH*	14 TACO BBQ PORK SANDWICH SPAGHETTI CHICKEN CAESAR SALAD PANINI & HUMMUS*	15 BONELESS WINGS POPCORN CHICKEN ASIAN SALAD PB&J SANDWICH*	16 BAHN MI SANDWICH HAMBURGER CHEESEBURGER PITA & HUMMUS*	17 BAKED CHICKEN WITH MASHED POTATOES CHILI CHEESE WEDGES BEAN & CHEESE BURRITO* PB&J SANDWICH*
20 THANKSGIVING HOLIDAY	21 THANKSGIVING HOLIDAY	22 THANKSGIVING HOLIDAY	23 THANKSGIVING DAY	24 THANKSGIVING HOLIDAY
27 PIZZA SLICE* RAVIOLI GRILLED CHCKEN SALAD PB&J SANDWICH*	28 TACO BBQ PORK SANDWICH SPAGHETTI CHICKEN CAESAR SALAD PANINI & HUMMUS*	29 BONELESS WINGS POPCORN CHICKEN ASIAN SALAD PB&J SANDWICH*	30 COLLABORATION DAY SACK LUNCH	



**Harvest
of the
Month**

Network for a Healthy California

OFFERED DAILY:

- 1% LOWFAT MILK
- NONFAT CHOC. MILK
- FRESH FRUITS
- AND VEGETABLES

Choose at least 3 components
(meat, grain, milk, fruit or vegetable)

1 must be a fruit or vegetable

All meals are low sodium and all grains are whole grains!