



November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 / 1) Homemade French Bread Cheese Pizza 2) Fried Egg & Cheese w/ Ham Sandwich Rotini Parmesan Pasta Fruit / Sauteed Zucchini	2
3	4 BBQ Pulled Pork Sandwich Broccoli Cheese Omelet Baked Potato Wedges Green Beans Fruit / Hummus w/ chips	5 No school	6 Half Day of Classes No Lunch Provided	7 / Nachos Supreme 1) Turkey Taco Mix 2) Falafel Tacos Rice or Spanish Rice Lettuce / Tomato / Onion / Fruit Guac. / Salsa / Sour Cream	7 / Chicken Noodle Soup 1) Homemade Pizza Bagel 2) Cheesy Quiche Cups Creamy Garlic Shells Fresh Sauteed Broccoli Fruit	9
10	11  <i>Veterans Day</i>	12 / 1) Hamburgers 2) Veggie Oatmeal Burger Lettuce, Tomato, Onion, Bacon & Cheese Tater Tots Fruit / Apple Yogurt Salad	13 1) Baked Chicken 2) Grilled Chickpea Burger Oven Brownd Potato Carrots Fruit / Dinner Rolls	14 / 1) Macaroni Beef & Tomato Casserole 2) Macaroni Cheese & Tomato Casserole Green Beans Fruit / Garlic Bread	15 Italian Wedding Soup 1) Flatbread Cheese Pizza 2) Flatbread Pepponi Pizza Cheesy Risotto w/ Orzo ChocChip Chickpea Blondies Fruit / Sauteed Mixed Vegg	16
17	18 / Tomato Soup 1) Grilled Cheese Sand. 2) Veggie Reuben Veggie Fried Rice Sauteed Spinach / Pickles Fruit / Apples & Bananas	19 1) Chicken Patty Sandwich 2) Cod Nuggets Oven Roasted Red Wedges Carrots Fruit / Lettuce & Tomato	20 1) Mini Meatloaf / Gravy 2) Chickpea Alfredo Rice Pilaf Roasted Veggies Fruit	21 1) Cheese Quesadilla 2) Chicken Quesadilla Rice or Spanish Rice Corn / Hummus / Fruit Guac. / Salsa / Sour Crea	22 Roast Turkey / Gravy Mashed Potato / Dressing Butternut Squash Cranberry Sauce Whole Wheat Dinner Roll Fruit / Pumpkin Squares	23
24	25 1) Hot Turkey Sandwich 2) Hummus & Veggie Grinder Mashed Potato / Gravy Green Beans Fruit	26 1) Hot Dog on a Roll 2) Cheese Omelets Baked Beans French Fries Fruit	27 Half day of Classes No Lunch provided	28 Happy Thanksgiving 	29 No school	30
	Student Lunch \$2.95 Milk \$.50 Extra Student Entree \$1.00	ALL LUNCHES INCLUDE: fat free white, 1% & fat free chocolate milk Salad & Sandwich bar served as alternate lunch - menu subject to change New Lunch entree selections / Please choose option 1 or 2				