



Lunch – November, 2018



			11/1 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	11/2 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
11/5 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	11/6 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	11/7 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	11/8 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	11/9 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
11/12 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	11/13 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit	11/14 Chicken patty Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	11/15 +*Whole grain pizza Garden salad Fresh fruit	11/16 THANKSGIVING DINNER Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
11/19 Chicken Alfredo with tri-color pasta Salad Fresh fruit	11/20 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	11/21 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit	11/22 ***** CLOSED FOR THANKSGIVING HOLIDAY *****	11/23 ***** CLOSED FOR THANKSGIVING HOLIDAY *****
11/26 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	11/27 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	11/28 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	11/29 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	11/30 *Lasagna Tossed salad Fresh fruit

*Vegetarian meal

+Whole grain