



November 2018 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetables Salad Greens Corn Cucumber Slices Red Beans	Vegetables Salad Greens Carrots Tomatoes Broccoli	Vegetables Salad Greens Red Pepper Strips Cucumber Slices Seasonal Vegetable	Vegetables Salad Greens Carrots Black Beans Broccoli	Vegetables Salad Greens Corn Tomatoes Seasonal Vegetable
Fruit 3 Fresh Fruits	Fruit 3 Fresh Fruits	Fruit 3 Fresh Fruits	Fruit 3 Fresh Fruits	Fruit 3 Fresh Fruits
Protein Shredded Cheese Yogurt	Protein Hummus Hard Boiled Eggs	Protein Shredded Cheese Turkey Ham	Protein Hard Boiled Eggs Yogurt	Protein Falafel Tots Diced Chicken

Grain: Soft Pretzel offered daily

Hot Entrees

			1 Chicken Tenders w/ Brown Rice	2 Cheese or Pepperoni Pizza
5 TEACHER WORKDAY	6 TEACHER WORKDAY	7 Breakfast for Lunch: Chicken and Waffles	8 Hamburger Cheeseburger	9 Cheese or Pepperoni Pizza Bagels
12 Grilled Cheese	13 Orange Chicken w/ Brown Rice	14 Breakfast for Lunch: French Toast w/ Turkey Sausage	15 Thanksgiving Meal	16 French Bread Cheese or Pepperoni Pizza
19 Mini Cheese Calzones	20 Nachos w/ Taco Meat and/or Cheese Sauce	21 No School	22 HAPPY THANKSGIVING! No School	23 No School
26 Cheese Sticks w/ Marinara Sauce	27 Pasta w/ Meat Sauce and Garlic Toast	28 Breakfast for Lunch: Mini Pancakes w/ Turkey Sausage	29 Chicken Tenders w/ Brown Rice	30 Cheese or Pepperoni Pizza

Menus are subject to change due to availability of foods and emergency school closings.

Food and Nutrition Services
Fairfax County Public Schools
"This institution is an equal opportunity provider."