



November 2018 Lunch Menu

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