

November Menu

				11/1	11/2	11/3
				Vegetarian Fritata with Oven Roasted Potatoes	Black Bean Tempeh Chili with Brown Rice Pilaf	Vegetarian Chili
				assorted vegetables, peach + pear fruit cup, dinner roll, milk	assorted vegetables, pear fruit cup, cheese stick, yogurt	assorted vegetables, orange, dinner roll, yogurt
11/4	11/5	11/6	11/7	11/8	11/9	11/10
Hard Boiled Eggs with Cauliflower and Pita Bread	Vegetarian Pasta Marinara	Cheese Ravioli	Balsamic Chicken Sandwich	BBQ Chicken with Cabbage Slaw and Cornbread	Teriyaki Chicken with Sesame Rice	Meatloaf with Mashed Potatoes
orange, milk	assorted vegetables, chicken salad pouch, apple, saltine crackers, milk	assorted vegetables, spring mix, orange, dinner roll, milk	assorted vegetables, pear fruit cup, sun chips, yogurt	assorted vegetables, peach + pear fruit cup, dinner roll, cheese stick, yogurt	assorted vegetables, banana, milk	assorted vegetables, banana, dinner roll, milk
11/11	11/12	11/13	11/14	11/15	11/16	11/17
Sesame Chicken Salad	Beef BBQ Cheddar Burger With Green Beans and Cauliflower	Hard Boiled Eggs with Cauliflower and Pita Bread	Pasta Genovese	Braised Beef with Mashed Yams	Hawaiian Braised Chicken with Coconut Rice	Vegetarian Chili
spring mix, orange, pita bread, milk	banana, sun chips, milk	pear fruit cup, milk	assorted vegetables, orange, yogurt	assorted vegetables, banana, dinner roll, milk	assorted vegetables, peach fruit cup, yogurt	assorted vegetables, banana, dinner roll, cheese stick, yogurt
11/18	11/19	11/20	11/21	11/22	11/23	11/24
Honey Mustard Fish and Brown Rice Pilaf	Roasted Teriyaki Chicken Sandwich	Vegetarian Pasta Marinara	Moroccan Chicken with Couscous	Braised Beef Stroganoff with Mashed Yams	Greek Chicken with Mushroom and Artichoke Rice	Thai Peanut Noodles with Tofu, Garbanzo Beans and Peanuts
assorted vegetables, orange, cheese stick, yogurt	assorted vegetables, spring mix, orange, sun chips, milk	assorted vegetables, apple, yogurt	assorted vegetables, peach fruit cup, dinner roll, milk	assorted vegetables, banana, dinner roll, milk	assorted vegetables, pear fruit cup, cheese stick, yogurt	assorted vegetables, banana, milk
11/25	11/26	11/27	11/28	11/29	11/30	
Lemon Basil Chicken Salad with Jicama and Pita Bread	Greek Chicken Sandwich	Pasta Balsamico	Cheese Ravioli	Chicken Tacos with Brown Rice Pilaf	Chicken Parmesan with Brown Rice Pilaf	
orange, milk	assorted vegetables, banana, sun chips, milk	assorted vegetables, apple, yogurt	assorted vegetables, spring mix, pear fruit cup, dinner roll, milk	assorted vegetables, orange, yogurt	assorted vegetables, peach fruit cup, yogurt	