

# NOVEMBER

|              | Monday   | Tuesday   | Wednesday  | Thursday                                       | Friday  |
|--------------|--|---|--|--|---|
|              | <b>1</b>   | <b>2</b>  | <b>3</b>   | <b>4</b>                                       | <b>5</b>  |
| LUNCH        | <b>Chicken Caesar Wraps<br/>Hummus Wraps</b>                 | <b>Beef Soft Tacos<br/>Bean Soft Tacos</b>                                    | <b>Jolloff Rice w/ Chicken<br/>Jolloff Rice</b>    | <b>Cottage Pie<br/>Vegetable Cottage Pie</b>   | <b>Spaghetti<br/>with Meat or Tomato Sauce</b>        |
|              | Seasonal Vegetable   | Seasonal Vegetable  | Seasonal Vegetable                                 | Seasonal Vegetable                             | Seasonal Vegetable                                    |
|              | Salad  | Salad   | Salad  | Salad  | Salad   |
|              | Fresh Fruit  | Fresh Fruit   | Fresh Fruit  | Fresh Fruit                                    | Fresh Fruit   |
|              | Milk/Juice/Water   | Milk/Juice/Water  | Milk/Juice/Water                                   | Milk/Juice/Water                               | Milk/Juice/Water                                      |
|              | Gfree/Vegan Options Available                                | Gfree/Vegan Options Available   | Gfree/Vegan Options Available                      | Gfree/Vegan Options Available                  | Gfree/Vegan Options Available                         |
| SPECIAL INFO |  |   |  |  |   |
|              | <b>8</b>   | <b>9</b>  | <b>10</b>  | <b>11</b>                                      | <b>12</b>   |
| LUNCH        | <b>Cheesy Broccoli Chicken Bake<br/>Cheesy Broccoli Bake</b> | <b>Lasagna</b>  | <b>Chicken Lo Mein<br/>Vegetable Lo Mein</b>       | <b>VETERANS' DAY<br/>RECESS<br/>NO SCHOOL</b>  | <b>Pizza<br/>Pepperoni, Cheese, White, and Veggie</b> |
|              | Seasonal Vegetable   | Seasonal Vegetable  | Seasonal Vegetable                                 |  | Seasonal Vegetable                                    |
|              | Salad  | Salad   | Salad  |  | Salad   |
|              | Fresh Fruit  | Fresh Fruit   | Fresh Fruit  |  | Fresh Fruit   |
|              | Milk/Juice/Water   | Milk/Juice/Water  | Milk/Juice/Water                                   |  | Milk/Juice/Water                                      |
|              | Gfree/Vegan Options Available                                | Gfree/Vegan Options Available   | Gfree/Vegan Options Available                      |  | Gfree/Vegan Options Available                         |
| SPECIAL INFO |  |   |  |  |   |
|              | <b>15</b>  | <b>16</b>   | <b>17</b>  | <b>18</b>                                      | <b>19</b>   |
| LUNCH        | <b>BBQ Chicken Sandwiches<br/>BBQ Tofu Sandwiches</b>        | <b>Chicken Quesadillas<br/>Black Bean Quesadillas</b>                         | <b>Grilled Cheese<br/>Grilled Cheese w/ Tomato</b> | <b>Cheesy Beefy Noodles<br/>Cheesy Noodles</b> | <b>Spaghetti<br/>with Meat or Tomato Sauce</b>        |
|              | Seasonal Vegetable   | Seasonal Vegetable  | Seasonal Vegetable                                 | Seasonal Vegetable                             | Seasonal Vegetable                                    |
|              | Salad  | Salad   | Salad  | Salad  | Salad   |
|              | Fresh Fruit  | Fresh Fruit   | Fresh Fruit  | Fresh Fruit                                    | Fresh Fruit   |
|              | Milk/Juice/Water   | Milk/Juice/Water  | Milk/Juice/Water                                   | Milk/Juice/Water                               | Milk/Juice/Water                                      |
|              | Gfree/Vegan Options Available                                | Gfree/Vegan Options Available   | Gfree/Vegan Options Available                      | Gfree/Vegan Options Available                  | Gfree/Vegan Options Available                         |
| SPECIAL INFO |  |   |  |  |   |
|              | <b>22</b>  | <b>23</b>   | <b>24</b>  | <b>25</b>                                      | <b>26</b>   |
| LUNCH        | <b>Chili w/ Beef<br/>Chili w/ Beans</b>                      | <b>Hot Dogs<br/>Not Dogs</b>  | <b>THANKSGIVING<br/>BREAK!</b>                     | <b>THANKSGIVING<br/>BREAK!</b>                 | <b>THANKSGIVING<br/>BREAK!</b>                        |
|              | Seasonal Vegetable   | Seasonal Vegetable  |  |  |   |
|              | Salad  | Salad   |  |  |   |
|              | Fresh Fruit  | Fresh Fruit   |  |  |   |
|              | Milk/Juice/Water   | Milk/Juice/Water  |  |  |   |
|              | Gfree/Vegan Options Available                                | Gfree/Vegan Options Available   |  |  |   |
| SPECIAL INFO |  |   | <b>NO SCHOOL</b>                                   | <b>NO SCHOOL</b>                               | <b>NO SCHOOL</b>                                      |
|              | <b>29</b>  | <b>30</b>   |  |  |   |
| LUNCH        | <b>Mac n Cheese</b>  | <b>Black Beans &amp; Rice<br/>Fresh Salsa, Sour Cream, Cheddar, Tortillas</b> |  |  |   |
|              | Seasonal Vegetable   | Seasonal Vegetable  |  |  |   |
|              | Salad  | Salad   |  |  |   |
|              | Fresh Fruit  | Fresh Fruit   |  |  |   |
|              | Milk/Juice/Water   | Milk/Juice/Water  |  |  |   |
|              | Gfree/Vegan Options Available                                | Gfree/Vegan Options Available   |  |  |   |
| SPECIAL INFO |  |   |  |  |   |