



**1ST TO 12TH GRADE SCHOOL LUNCH MENU
NOVEMBER 2019**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
OCTOBER 28 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	OCTOBER 29 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	OCTOBER 30 Arroz con pollo Sweet potato fries Turkey sub Green Beans Pineapple Chunks Minestrone soup Red beans soup	OCTOBER 31 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices White beans soup Mushroom soup	NOVEMBER 1 Whole Wheat Pizza Bagel, Veggie pizza bagel or Tuna sub Sweet potato fries Apple Slices Carrot soup Lentil soup
NOVEMBER 4 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	NOVEMBER 5 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	NOVEMBER 6 Chicken tender or Turkey sub French fries Pineapple Chunks Minestrone soup Red beans soup	NOVEMBER 7 Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges White beans soup Mushroom soup	NOVEMBER 8 Cheese Quesadilla Black Beans / Guacamole and Tricolor chips Or Tuna Sub Fruit Carrot soup Lentil soup
NOVEMBER 11 NO SCHOOL 	NOVEMBER 12 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	NOVEMBER 13 Chicken Chinese rice egg rolls Turkey sub Green Beans Spa Water Minestrone soup Red beans soup	NOVEMBER 14 Cheese Lasagna OR Tuna Sub Baked Tater Tots Mixed Veggies Pear Slices White beans soup Mushroom soup	NOVEMBER 15 Elbow pink sauce or Tuna Sub Steamed broccoli Whole wheat roll Pear slices Carrot soup Lentil soup
NOVEMBER 18 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	NOVEMBER 19 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	NOVEMBER 20 Penne pasta w/ meat sauce or Turkey sub Garlic bread Steam brocolini Fruit Minestrone soup Red beans soup	NOVEMBER 21 Baked Ziti OR Tuna Sub Garlic Bread Green Beans Pineapple chunks White beans soup Mushroom soup	NOVEMBER 22 Whole Wheat Pizza Bagel, Veggie pizza bagel or Tuna sub Sweet potatoes fries Apple Slices Carrot soup Lentil soup
NOVEMBER 25 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	NOVEMBER 26 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges Split peas soup Potato soup	NOVEMBER 27 NOON DISMISSAL	NOVEMBER 28 NO SCHOOL 	NOVEMBER 29 NO SCHOOL

Note: All pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.