

# CREATIVE MINDS - LUNCH

## November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 STOKES' NACHOS STOKES' NACHOS (W/BEANS) CHEESE SAUCE BLACK BEAN SALSA PEACH CUP MILK, 1% Lowfat MILK, Skim	2 ALL-BEEF BURGERS BLACK BEAN BURGER SHREDDED LETTUCE CUP BANANAS MILK, 1% Lowfat MILK, Skim
5 MACARONI AND CHEESE TOMATO BASIL SALAD (3/4) SPINACH SALAD 1/2c. ORANGES MILK, 1% Lowfat MILK, Skim	6 MEXICALI TACO BOAT MEXICALI TACO BOAT (V) TORTILLA WRAP CORN & TOMATO SALSA PEARS MILK, 1% Lowfat MILK, Skim	7 JERK CHICKEN JERK TOFU RED BEANS & RICE APPLES MILK, 1% Lowfat MILK, Skim	8 CHICKEN NUGGETS BAKED TOFU GREEN BEANS BISCUITS (2OZ) PINEAPPLE CHUNKS MILK, 1% Lowfat MILK, Skim	9 <b>Professional Development Day</b> <b>No School</b>
12 <b>Veterans Day</b> <b>No school</b>	13 BBQ CHICKEN BAKED TOFU CORN ON THE COB BAKED BEANS BISCUITS (2OZ) PEARS MILK, 1% Lowfat MILK, Skim	14 BAKED CHICKEN WINGS STUFFING SWEET POTATO, BAKED CRANBERRY CUP ROLLS MILK, 1% Lowfat MILK, Skim	15 SESAME NOODLE SALAD HARD BOILED EGG ROASTED GREEN & RED PEPPERS PEACH CUP MILK, 1% Lowfat MILK, Skim	16 PIZZA WITH CHEESE TOPPING SPINACH SALAD BANANAS MILK, 1% Lowfat MILK, Skim
19 TOASTED CHEESE SANDWICH TOMATO SOUP SPINACH SALAD ORANGES MILK, 1% Lowfat MILK, Skim	20 TURKEY BREAST SANDWICH CARROT STICKS BLACK BEAN SALSA BANANAS MILK, 1% Lowfat MILK, Skim	21 <b>NO SCHOOL</b>	21 <b>NO SCHOOL</b>	21 <b>NO SCHOOL</b>
26 CHICKPEA CURRY STEAMED POTATOES BROWN RICE (2oz) ORANGES MILK, 1% Lowfat MILK, Skim	27 TACO CASSEROLE TACO CASSEROLE W/ BEANS TOMATO SALSA PEARS MILK, 1% Lowfat MILK, Skim	28 CHICKEN QUESADILLA VEGGIE QUESADILLA BLACK BEANS APPLES MILK, 1% Lowfat MILK, Skim	29 STOKES' NACHOS STOKES' NACHOS (W/BEANS) CHEESE SAUCE HOUSE SALAD PEACH CUP MILK, 1% Lowfat MILK, Skim	30 ALL-BEEF BURGERS BLACK BEAN BURGER SHREDDED LETTUCE CUP BANANAS MILK, 1% Lowfat MILK, Skim

**E W STOKES KITCHEN**

Menu Subject to Change.