

# Lunch Menu: November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1  BEEF HOTDOG SLIDERS (PREK ONLY) BLACK BEAN BURGER FRENCH FRIES CHILI CON CARNE BANANAS MILK: 1% Lowfat MILK: Skim
4  NO SCHOOL TODAY	5  THAI CHICKEN TACOS THAI TOFU TACOS SHREDDED LETTUCE CUP (1) PEARS MILK: 1% Lowfat MILK: Skim	6  LEMON ROSEMARY PEPPER CHICKEN LEMON PEPPER TOFU BROWN RICE KIDNEY BEANS APPLES MILK: 1% Lowfat MILK: Skim	7  FLATBREAD W/CHICKEN FLATBREAD W/MOZZARELLA CORN & TOMATO SALSA 100% ORANGE JUICE MILK: 1% Lowfat MILK: Skim	8  TURKEY BREAST SANDWICH VEGGIE SANDWICH SPINACH SALAD CHEESE CUBES BANANAS MILK: 1% Lowfat MILK: Skim
11  NO SCHOOL TODAY	12  BURRITO BOWL W/BEANS BLACK BEAN SALSA ROMAINE LETTUCE CUP (1/2) PEARS MILK: 1% Lowfat MILK: Skim	13  BBQ CHICKEN BBQ TOFU BROWN RICE ROASTED CARROTS 100% ORANGE JUICE MILK: 1% Lowfat MILK: Skim	14  SALMON CAKES CHICKPEA FRITTER MASHED POTATOES ROLLS CRANBERRY SAUCE MILK: 1% Lowfat MILK: Skim	15  SLOPPY JOE ON A ROLL SLOPPY TOFU ON A ROLL ROASTED CAULIFLOWER BANANAS MILK: 1% Lowfat MILK: Skim
18  TOFU STIR FRY BROWN RICE ROASTED BROCCOLI ROLLS ORANGES MILK: 1% Lowfat MILK: Skim	19  CILANTRO LIME CHICKEN LENTIL TACOS TOMATO SALAD TORTILLA WRAP PEARS MILK: 1% Lowfat MILK: Skim	20  CURRIED CHICKEN CURRIED CHICKEN BROWN RICE KIDNEY BEANS 100% ORANGE JUICE MILK: 1% Lowfat MILK: Skim	21  ROASTED CHICKEN LEGS ROASTED TOFU MASHED POTATOES ROLLS CRANBERRY SAUCE MILK: 1% Lowfat MILK: Skim	22  CHICKEN SANDWICH BLACK BEAN BURGER SHREDDED LETTUCE CUP (3/4) BANANAS MILK: 1% Lowfat MILK: Skim
25  MACARONI AND CHEESE SPRING MIX SALAD ROLLS ORANGES MILK: 1% Lowfat MILK: Skim	26  CHICKEN QUESADILLA QUESADILLA (VEGGIE) BLACK BEAN SALSA PEARS MILK: 1% Lowfat MILK: Skim	27  NO SCHOOL TODAY	28  NO SCHOOL TODAY	29  NO SCHOOL TODAY