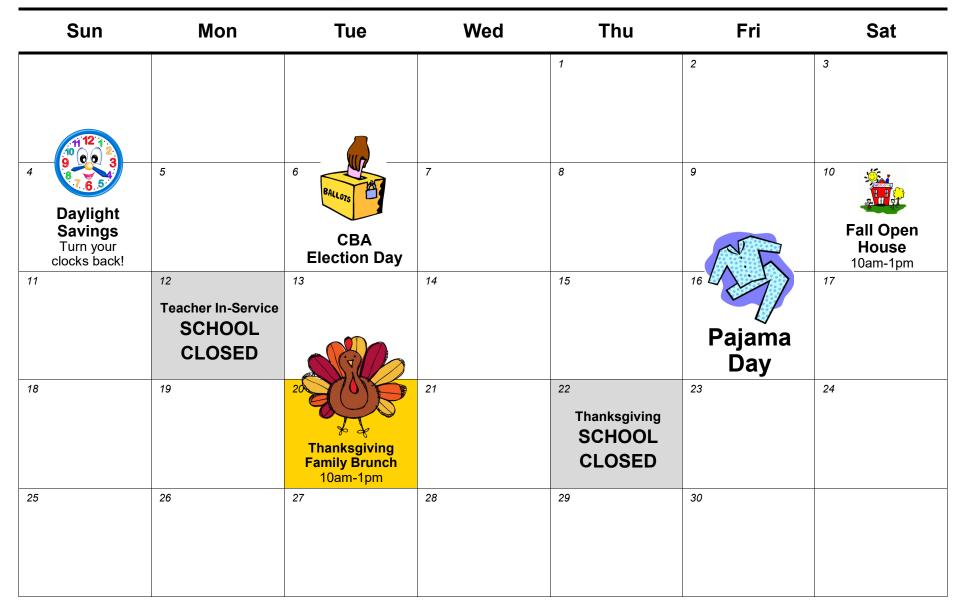


NOVEMBER 2018

Events Calendar





NOVEMBER 2018

Lunch Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Whole Grain Food Item		ENTRÉE ALTERNATIVES Falafel Balls Gardenburger Vegetarian Patty Vegetarian Beans w/ Yellow Rice Sun Butter & Jelly Sandwich		1 Turkey Breast & Cheese on WG Wrap, Fresh Carrot Sticks, Fresh Apples AM—Rice Krispies & Milk PM—Pita Triangles with Hummus	2 Chicken & White Rice Stir Fry with Mixed Veggies, Fresh Cantaloupe AM—Strawberry Cereal Bar PM—WG Animal Crackers	3
4	5 Macaroni & Cheese with Fresh Broccoli, Fresh Banana AM—WG Blueberry Muffin PM—WG Goldfish Crackers	6 Beef Cheeseburger Slider on WG Wheat Bun, Fresh Asparagus, Fresh Honeydew AM—Vanilla Yogurt PM—WG Graham Crackers with Apple Butter	7 Chicken & Cheese Quesadilla on WG Tortilla, Salsa, Fresh Pineapple AM—WG Mini Bagel w/ Jelly PM—String Cheese with Whole Wheat Crackers	8 Chicken Salad on WG Wheat Bread, Fresh Celery, Fresh Apples AM—Cheerios & Milk PM—Pita Triangles with Hummus	9 Chef Salad with Fresh Lettuce, Turkey, Cheese, Tomato, & Cucumber, Fresh Strawberries AM—Apple Cereal Bar PM—WG Cheese Crackers	10
11	12 Teacher In-Service SCHOOL CLOSED	13 WG Mini Pancakes, Turkey Sausage, Carrots, Blueberries AM—Strawberry Yogurt PM—WG Graham Cracker with Sun Butter	14 Beef Meatloaf with Brown Gravy, Corn, Fresh Mango AM—WG Mini Bagel w/ Cream Cheese PM—String Cheese with Ritz Crackers	15 Turkey Breast & Cheese on WG Wrap, Fresh Carrot Sticks, Fresh Apples AM—Rice Krispies & Milk PM—Pita Triangles with Hummus	16 Chicken & White Rice Stir Fry with Mixed Veggies, Fresh Cantaloupe AM—Strawberry Cereal Bar PM—WG Animal Crackers	17
18	19 Macaroni & Cheese with Fresh Broccoli, Fresh Banana AM—WG Blueberry Muffin PM—WG Goldfish Crackers	20 Beef Cheeseburger Slider on WG Wheat Bun, Fresh Asparagus, Fresh Honeydew AM—Vanilla Yogurt PM—WG Graham Crackers with Apple Butter	21 Chicken & Cheese Quesadilla on WG Tortilla, Salsa, Fresh Pineapple AM—WG Mini Bagel w/ Jelly PM—String Cheese with Whole Wheat Crackers	22 Thanksgiving SCHOOL CLOSED	23 Chef Salad with Fresh Lettuce, Turkey, Cheese, Tomato, & Cucumber, Fresh Strawberries AM—Apple Cereal Bar PM—WG Cheese Crackers	24
25	26 Chicken & Broccoli Alfredo w/ WG Pasta, Fresh Banana AM—WG Corn Muffin PM—WG Ranch Crackers	27 WG Mini Pancakes, Turkey Sausage, Carrots, Blueberries AM—Strawberry Yogurt PM—WG Graham Cracker with Sun Butter	28 Beef Meatloaf with Brown Gravy, Corn, Fresh Mango AM—WG Mini Bagel w/ Cream Cheese PM—String Cheese with Ritz Crackers	29 Turkey Breast & Cheese on WG Wrap, Fresh Carrot Sticks, Fresh Apples AM—Rice Krispies & Milk PM—Pita Triangles with Hummus	30 Chicken & White Rice Stir Fry with Mixed Veggies, Fresh Cantaloupe AM—Strawberry Cereal Bar PM—WG Animal Crackers	