|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **November**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **Oct 29** |  |  |  | | **Oct 30** |  |  |  | | **Oct 31** |  |  |  | | **Nov 1** |  |  |  | | **Nov 2 \*\*** |  |  |  | | **Nov 5** |  |  |  | | **Nov 6** |  |  |  | | **Nov 7** |  |  |  | | **Nov 8** |  |  |  | | **Nov 9 \*\*** |  |  |  | | **Nov 12** |  |  |  | | **Nov 13** |  |  |  | | **Nov 14** |  |  |  | | **Nov 15** |  |  |  | | **Nov 16 \*\*** |  |  |  | | **Nov 19** |  |  |  | | **Nov 20** | **FEA** | **ST** | **x** | | **Nov 21** |  |  |  | | **Nov 22** | **CL** | **OS** | **ED** | | **Nov 23 \*\*** | **CL** | **OS** | **ED** | | **Nov 26** |  |  |  | | **Nov 27** |  |  |  | | **Nov 28** |  |  |  | | **Nov 29** |  |  |  | | **Nov 30 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **November 2018** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Oct 29**  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit | **Oct 30**  Chicken Caprese Sandwich, Roasted Veggies, Roll, Fresh Fruit  Pasta Primavera, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | **Oct 31**  Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit  BBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | **Nov1**  Mojo Grilled Chicken w/Black Bean Salsa, Baked Plantains, Brown Rice, Fresh Fruit  Mojo Tofu w/Black Beans Salsa, Baked Plantains, Brown Rice, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | **Nov 2**  Lean Beef Cheeseburger, Roasted Veggies, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |
| **Nov 5**  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit | **Nov 6**  Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh Fruit  Baked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit  Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit | **Nov 7**  Lean Ground Beef & Cheese Enchiladas, Rice & Beans, Fresh Fruit  Cheese Enchiladas, Rice & Beans, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | **Nov 8**  BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit  BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | **Nov 9**  Pulled Beef & Cheese Nachos, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

**Nov 20th is our Thanksgiving Feast**

|  |
| --- |
| 1. Check off your child’s lunch order for each day. 2. Every day you have a choice of Milk, Chocolate Milk, or Water. Please put a M, C, or W in the box for that day. 3. **Each meal is $4.50. A full menu for the month is $94.50.** 4. Order is due no later than Friday, October 19th. |

Meals x $4.50 =

Paid by: check # or cash

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **November 2018** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Nov 12** | **Nov 13**  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit  Rigatoni Genovese w/Chicken, Roasted Veggies, Fresh Fruit | **Nov 14**  Arroz con Pollo, Baked Plantains, Fresh Fruit  Marinated Chicken, Baked Plantains, Brown Rice, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | **Nov 15**  Lean Beef Burgers, Roasted Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | **Nov 16**  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| **Nov 19**  Fusilli w/Low Fat Alfredo Sauce w/Chicken, Roasted Veggies, Fresh Fruit  Pasta w/Low Fat Alfredo Sauce, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit | **Nov 20**  **\*On a separate form\***  **Thanksgiving Feast**  Sliced Turkey w/Gravy (includes stuffing), Vanilla Maple Glazed Carrots, Mashed Sweet Potatoes, Pumpkin Cranberry Bread  C:\Users\Barbie.Boerner\Desktop\di66Gb7i9.gif | **Nov 21**  Sweet & Sour Chicken w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit  Sweet & Sour Tofu w/Veggie Fried Rice, Steamed Edamame, Fresh Fruit  Grilled Cheese, Steamed Edamame, Fresh Fruit | **Nov 22**  **NO YUMMY LUNCHES**    **HAPPY THANKSGIVING** | **Nov 23**  **NO YUMMY LUNCHES**    **“yummy in my tummy”** Organic & Natural Caterers.  C:\Users\Melody.McDonald\Desktop\Chesterbrook Logos\ChesterbrookAcademy_color_jpg.jpg |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Nov 26**  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Veggies, Fresh Fruit  Pasta w/Sirloin & Mushroom Sauce, Roasted Seasonal Veggies, Fresh Fruit | **Nov 27**  Maple Mustard Glazed Sliced Turkey, Roasted Sweet Potato Fries, Roll, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | **Nov 28**  “Make Your Own Yummy...” Chicken Fajitas, Brown Rice, Black Beans, Fresh Fruit  “Make Your Own Yummy...” Tofu Fajitas, Brown Rice, Black Beans, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | **Nov 29**  Baked Fish Cakes w/Slaw (on the side), Roasted Veggies, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | **Nov 30**  Beef Gyro w/Tzatziki, Sautéed Peppers, Tomatoes & Onions, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |