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| **November 2019**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **Nov 4** |  |  |  | | **Nov 5** |  |  |  | | **Nov 6** |  |  |  | | **Nov 7** |  |  |  | | **Nov 8 \*\*** |  |  |  | | **Nov 11** |  |  |  | | **Nov 12** |  |  |  | | **Nov 13** |  |  |  | | **Nov 14** |  |  |  | | **Nov 15 \*\*** |  |  |  | | **Nov 18** |  |  |  | | **Nov 19** |  |  |  | | **Nov 20** |  |  |  | | **Nov 21** |  |  |  | | **Nov 22 \*\*** |  |  |  | | **Nov 25** |  |  |  | | **Nov 26** |  |  |  | | **Nov 27** |  |  |  | | **Nov 28** |  |  |  | | **Nov 29 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 4  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 5  Breakfast for Lunch--Pancakes, Eggs, Lyonnaise Potatoes, Fresh Fruit  Baked Ziti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit  Pasta w/Olive Oil, Garlic Bread, Roasted Seasonal Veggies, Fresh Fruit | 6  Lean Ground Beef & Cheese Enchiladas, Rice & Beans, Fresh Fruit  Cheese Enchiladas, Rice & Beans, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 7  BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit  BBQ Chicken Sandwich, Baked Beans, Corn Bread, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 8  Pulled Beef & Cheese Nachos, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 11  **VETERAN’S DAY**  A close up of a sign  Description automatically generated | 12  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 13  Chicken Teriyaki Bowl (Chicken over Fried Rice), Steamed Veggies, Fresh Fruit  Teriyaki Chicken Sandwich, Steamed Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 14  Lean Beef Burgers, Roasted Seasonal Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 15  Fish Tacos w/Slaw, Roasted Potatoes, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.50 = \_\_\_\_\_\_\_\_

Paid by: check # \_\_\_\_\_\_\_

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is **$4.50**. A full menu for the month is **$76.50**
4. Tear off and return the completed form by **Friday, October 18th.**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 18  Pasta w/Low Fat Alfredo Sauce w/Chicken, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit  Baked Quorn Nuggets, Glazed Carrots, Fresh Fruit | 19  Lean Beef Tacos, Rice & Beans, Fresh Fruit  Veggie Crumble Tacos, Rice & Beans, Fresh Fruit  Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 20  Lemon Pepper Chicken w/Lo Mein Noodles, Steamed Veggies, Fresh Fruit  Buffalo Chicken & Blue Cheese Sandwich, Roasted Potatoes, Fresh Fruit  Grilled Cheese, Roasted Potatoes, Fresh Fruit | 21  Turkey Meatball Sub, Roasted Seasonal Veggies, Fresh Fruit  Turkey Meatballs w/Tomato Sauce, Roll, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 22  Chicken Chop w/Saffron Rice, Black Beans, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 25  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta Ponza Parmesan w/Turkey Crumbles, Roasted Seasonal Veggies, Fresh Fruit | 26  Lean Beef Gyro w/Sautéed Tomatoes, Onions & Peppers, WW Pita Bread, Roasted Potatoes, Fresh Fruit  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 27  “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 | 28  **HAPPY**  **THANKSGIVING** | 29  **NO YUMMYA picture containing clipart  Description automatically generated**  **LUNCHES**  **Bring lunch from home** |