



# November 2018 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Chicken Brown Rice Spinach Salad Pineapple, Juice	2 Egg Salad, Tuna Salad WG Rolls Split Pea Soup Pickles, Sliced Tomatoes Orange, Milk
5 Vegetable Chili Shredded Cheese Baked Potato WG Tortilla Chips Apple , Milk	6 Chicken & Veg Stir Fry WG Sesame Noodles Diced Peaches, Juice	7 Crispy Crusted Oven- Fried Fish WG Israeli Couscous Peas Orange, Milk	8 Hot Dogs WG Buns French Fries, Salad Bar Ketchup Banana, Juice 	9 WG Cheese Lasagna Garden-Romaine Salad Sliced Peppers Pineapple ,Milk
12 Tuna Casserole Veg Barley Soup Baby Carrots Apple , Milk	13 BBQ Chicken Brown Rice Baked Sweet Potatoes Diced Pears, Juice	14 WG Grilled Cheese- Sandwich Tomato Soup & Rice Sliced Cucumbers Orange, Milk	15 WG Spaghetti & Meatballs Green Beans Banana, Juice	16 Falafel WG Wrap Hummus Tri Color Coleslaw Pineapple, Juice
19 Baked Enchilada- Casserole Garden-Romaine Salad Corn Apple , Milk	20 Chicken Schnitzel Brown Rice Peas & Carrots Ketchup Diced Peaches, Juice	21 WG Cheesy Baked Ziti Minestrone Soup Baby Carrots Orang , Milk	22 Sloppy Joe WG Buns Coleslaw Banana, Juice	23 Tuna Patties WG Couscous Sweet Glazed Carrots Pineapple ,Milk
26 WG Mac N' Cheese Salad Bar Apple , Milk 	27 Teriyaki Chicken WG Israeli Couscous Stir Fry Veg Diced Pears, Juice	28 Spinach & Potato- Frittata Lentil-Mushroom Soup WG Rolls Orange, Milk	29 Beef & Bean Chili WG Corn Bread Spinach Salad Sliced Cucumbers Banana, Juice	30 Cheesy Kugel Split Pea Soup Baby Carrots Pineapple, Milk

Whole, unflavored milk is served to 1 year olds  
Skim, unflavored milk is served to children ages 2 and older. WG=Whole Grain

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