



NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>CHEF'S CHOICE</h2>				
				BREAKFAST YOGURT & GRANOLA OMELET W/ CHEESE LUNCH HOT DOG 3 BEAN CHILI CHEESE SANDWICH POTATO SALAD
BREAKFAST 4 KASHI BLOSSOMS CEREAL ZAC ATTACK APPLE BAR WAFFLES W/ SYRUP LUNCH MAC & CHEESE W/ BBQ CHICKEN MAC & CHEESE W/ BAKED BEANS CORN TOMATO SALAD	BREAKFAST 5 CINNA-RAISIN BAGEL TURKEY, EGG&CHEESE ENGLISH MUFFIN LUNCH CHICKEN BITES BBQ TOFU W/ BROWN RICE BROCCOLI W/ RANCH	BREAKFAST 6 BLUEBERRY MUFFIN BREAKFAST BURRITO LUNCH SPAGHETTI & MEATBALLS SPAGHETTIA MARINARA W/ PARMESAN GLAZED CARROTS	BREAKFAST 7 HIPPOP APPLE SMASH W/ STRING CHEESE EGG&CHEESE ENGLISH MUFFIN LUNCH BBQ CHICKEN SANDWICH CHEESE PIZZA CUCUMBERS	BREAKFAST 8 APPLE MUFFIN OMELET W/ CHEESE LUNCH TACO TRIO CHEESE ENCHILADAS PINTO BEANS & CHERRY TOMATOES
VETERANS' DAY NO SCHOOL	BREAKFAST 12 KASHI HONEY SUNSHINE CEREAL ZAC ATTACK STRAWBERRY BAR LUNCH SAUSAGE PIZZA TOFU TERIYAKI W/BROWNRICE EDAMAME & CUCUMBERS	BREAKFAST 13 YOGURT & GRANOLA BREAKFAST BURRITO LUNCH CHEESE LASAGNA COLESLAW	BREAKFAST 14 BANANA MUFFIN EGG&CHEESE ENGLISH MUFFIN LUNCH CHEESY CHICKEN QUESADILLA BEAN & CHEESE QUESADILLA STEAMED CORN	BREAKFAST 15 TRIPLE BERRY CEREAL W/ HARD BOILED EGG OMELET W/ CHEESE LUNCH PASTA W/ ZESTY BEEF PASTA ALFREDO BABY CARROTS
BREAKFAST 18 HIPPOP APPLE SMASH W/ STRING CHEESE WAFFLES W/ SYRUP LUNCH BUFFALO WINGS VEGGIE TACO SALAD BROCCOLI	BREAKFAST 19 KASHI HEART CEREAL & DIPDOODLE TURKEY, EGG&CHEESE ENGLISH MUFFIN LUNCH HOT DOG OR CHEESE RAVIOLI W/ MARINARA SEASONED CORN	BREAKFAST 20 CINNA-RAISIN BAGEL W/ CREAMCHEESE BREAKFAST BURRITO LUNCH CHICKEN ENCHILADAS CHEESE ENCHILADAS PINTO BEANS & CHERRY TOMATOES	BREAKFAST 21 ZAC OMEGA APPLE BAR EGG&CHEESE ENGLISH MUFFIN LUNCH SPAGHETTI & MEATBALLS SPGHETTI MARINARA BABY CARROTS W/ RANCH	BREAKFAST 22 BLUEBERRY MUFFIN OMELET W/ CHEESE LUNCH BBQ CHICKEN SANDWICH CHEESE PIZZA COLESLAW
BREAKFAST 25 ZAC OMEGA STRAWBERRY BAR WAFFLES W/ SYRUP LUNCH CHICKEN TERIYAKI W/ BRWNRCE TOFU TERIYAKI W/ BRWNRCE EDAMAME & CUCUMBERS	BREAKFAST 26 LEMON POPPYSEED MUFFIN TURKEY, EGG&CHEESE ENGLISH MUFFIN **SPECIAL HOLIDAY MEALS** ROASTED TURKEY W/ STUFFING VEGGIE MEATLOAF W/ STUFFING MASHED YAMS	THANKSGIVING RECESS		

<h2>sammies</h2>				
CHICKEN SALAD SANDWICH	TURKEY & CHEESE SANDWICH	ROAST BEEF SANDWICH	DELI TURKEY WRAP	THAI CHICKEN NOODLES

<h2>beyond borders</h2>				
HOT SLOPPY JOE	QUESADILLA TUESDAY	BOLOGNESE PASTA	TERIYAKI CHICKEN NOODLES	CHICKEN FRIED RICE

everyday specials

All meals come with fresh fruit and choice of milk. Students must take a fruit or veggie

A LA CARTE ITEMS
 Water \$1.00
 Milk \$.50
 Fruit \$.50
 Izze Juice \$1.25

pricing

Lunch Meal \$3.00
 Adult Meal \$3.50

