

Lunch Menu November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sa
				Spaghetti and Meat Sauce Vegetable Medley Cantaloupe	2	3
4	5	6	7	8	9	10
	Meatball Subs Mixed Salad Grapes	Chicken Quesadillas Vegetable Blend Orange Salsa and Sour Cream Available	Ground Turkey Brown Rice Creamed Spinach Watermelon	Ham and Cheese Sandwich Chips Apple	Turkey and Cheese Sandwich Chips Apple Slices	1
11	12	13 Grilled Cheese with Veggie Soup Grapes	14 Mac and Cheese &Chicken Nuggets Vegetable Medley Orange	15 Arroz Con Pollo (Chix and Rice) Peas and Carrots Pineapple	16 Thanksgiving Dinner Green beans Mixed Fruit	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
	Chicken Nuggets and Baked Fries Brussel Sprouts Grapes	Toasted Ham&Turkey Sandwich Zucchini Orange	Baked Pasta with ground Turkey Broccoli Apple	Roasted Potatoes and Chicken Green beans Cataloupe	Cheese Pizza Mixed Salad Mixed Fruit	
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Lunch is served with the choice of white or chocolate milk. We will also offer ice water, please bring your own bottle to fill up.

Ice Cream is for sale for \$1

The Lunch is included in the tuition.