



SCHOOL MEAL PROGRAM

Hot Lunch Menu November, 2016

Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
October 31	1	2	3	4
Baked Chicken & Potato Wedges (<i>Chix & Skeleton</i> <i>Stix)</i>	Shepherd's Pie (beef)	Cheese Ravioli with Tomato Sauce	Vegetarian Chili Multigrain Roll	Souvlaki Chicken With Rice
Cherry Tart <i>(Cauldron Cake)</i> Milk	Applesauce Milk	Fresh Fruit Milk	Carrots & Dip Milk	Fresh Fruit Milk
7	8	9	10	11
Meat Sauce (beef) With Penne	Teriyaki Tofu and Veggies on Rice	Mango Salsa Chicken with Roast	Cheese Pizza on Multigrain Crust	
Granny Smith		Potatoes		REMEMBRANCE DAY
Apple	Fruit Yogurt	Caesar Salad	Fresh Fruit	DAY
Milk	Milk	Milk	Milk	
14	15	16	17	18
Beef Lasagna	Potato & Leek Frittata with ½ Multigrain Bagel	Turkey Meatballs & Whole Wheat Spaghetti	Lentil Dahl with Pita Wedge	Chicken Noodle Soup Stoned Wheat Crackers
Fresh Fruit Milk	Canned Pineapple Milk	Tossed Salad Milk	Snap Peas & Dip Milk	Fresh Fruit Milk
21	22	23	24	25
Beef Stew with	Chicken Cacciatore	Fish Fillet on Rice	Veggie Pizza on	
Potato & Veggies & Multigrain Roll	with tri color Rotini	& Quinoa Blend	Multigrain Crust	PROFESSIONAL DAY
Fresh Pear	Spinach Salad Milk	Cucumbers & Dip	Fresh Fruit Milk	
Milk	INTIL.	·	14111V	