

November

2019

ADS

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Grilled chicken Alfredo pasta, roasted broccoli, salad, Veggie pasta GF DF V fruit	2
3	4 Beef tater tot casserole carrots salad veggie tater tot casserole fruit	5 Turkey enchilada pie rice & beans GF DF V veggie pie GF DF V fruit	6 Polenta beef pizza GF Salad veggie polenta pizza GF DF fruit	7 Chicken fingers, mashed potatoes with gravy, roasted broccoli GF DF V tofu fingers GF DF V Fruit	8 BBQ pulled pork sandwich, coleslaw, ranch beans BBQ tofu GF DF V Fruit	9
10	11 Turkey chili, chopped salad GF DF V cornbread GF DF V veggie chili GF DF V Fruit	12 Soft beef tacos, beans and rice GF DF V bean tacos GF DF V fruit	13 Cheese Pizza, Salad GF DF V Fruit	14 Grilled cheese sammies, tomato soup GF DF V salad GF DF V fruit	15 Hamburgers with fixin's tater tots GF DF V veggie burgers GF DF V Fruit	16
17	18 Chicken and waffles, carrots & celery with Ranch, tofu and waffles GF DF V Fruit	19 Tostada Tuesday GF DF rice and beans GF DF V Veggie Tostadas GF DF V fruit	20 Cheese Pizza salad GF DF V fruit	21 Spaghetti & meatballs, veggie pasta GF DF V Garlic bread fruit	22 Chicken bacon Ranch wraps veggie noodle soup DF V chips, Veggie Wraps GF DF V fruit	23
24	25 HAPPY	26 THANKS-	27 GIVING	28 DAY!!!	29 NO SCHOOL	30

--	--	--	--	--	--	--