

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>AM Snack: Organic blueberry muffin</p> <p>Lunch: Beef stew with shell pasta and fresh grated parm</p> <p>Vegetarian: Vegetable and tofu stew with shell pasta</p> <p>Dessert: Fresh cut fruit</p> <p>Soup: Split pea soup</p> <p>PM Snack: Organic strawberry yogurt with half a banana</p>
<p>4</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Arroz con pollo with steamed peas and cauliflower</p> <p>Vegetarian: Vegetable rice, roasted sweet and cauliflower</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of lentils</p> <p>PM Snack: Fresh cut fruit salad and organic whole wheat cracker</p>	<p>5</p> <p>AM Snack : Organic oat cereal with organic milk</p> <p>Lunch: Ground lean beef, cilantro rice, and buttered corn and carrots</p> <p>Vegetarian: Refried beans, cilantro rice, and corn with carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of cauliflower</p> <p>PM Snack: Organic string cheese and fresh bananas</p>	<p>6</p> <p>AM Snack : Organic whole grain bread with egg and greek yogurt</p> <p>Lunch: Baked vegetable ziti, with a white bean and cucumber salad</p> <p>Vegetarian: Baked vegetable ziti, with a white bean and cucumber salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and potato Soup</p> <p>PM Snack: Fresh fruit salad with Berry Kashish</p>	<p>7</p> <p>AM Snack : Fresh cut apples with organic wheat crackers</p> <p>Lunch: Chicken fricassee, white rice, with peas and carrots</p> <p>Vegetarian: White bean fricassee, white rice, with peas and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of broccoli</p> <p>PM Snack: Organic vanilla yogurt with a half banana</p>	<p>8</p> <p>AM Snack: Organic banana bread</p> <p>Lunch: Ground Turkey, potato puree, and baked broccoli</p> <p>Vegetarian: Stir fry lentil, potato puree, with baked broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Tomato bisque</p> <p>PM Snack: Toddler friendly organic trail mix with dried yogurt (nut free)</p>
<p>11</p> <p>No School</p> <p>Veterans Day</p>	<p>12</p> <p>AM Snack: Organic naan bread with whipped cream cheese</p> <p>Lunch: Beef and egg fried rice, with a green bean salad</p> <p>Vegetarian: Roasted tofu, fried rice and green bean salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Broccoli soup</p> <p>PM Snack: Organic vanilla yogurt and diced peach</p>	<p>13</p> <p>AM Snack: Organic whole bread with egg salad and greek yogurt</p> <p>Lunch: Mac and cheese with white beans and diced tomato</p> <p>Vegetarian: Mac and cheese, with white beans and diced tomato</p> <p>Dessert: Fresh cut fruit</p> <p>Soup: Chicken noodle soup</p> <p>PM Snack: Organic apple and mango puree (sauce) with string cheese</p>	<p>14</p> <p>AM Snack: Organic strawberry yogurt with organic toasted oats</p> <p>Lunch: Ground turkey with mashed cauliflower and potatoes, and crisp broccoli</p> <p>Vegetarian: Ground lentils with mashed cauliflower and potatoes. And crisp broccoli</p> <p>Dessert: Fresh cut fruit</p> <p>Soup: Red Bean soup</p> <p>PM Snack: Fresh cut organic pineapple with whole grain squares</p>	<p>15</p> <p>AM Snack: Organic blueberry muffin</p> <p>Lunch: Beef sliders, home baked fries and garden salad with tomatoes</p> <p>Vegetarian: Black bean slider, baked fries, and a garden salad with tomatoes</p> <p>Dessert: Fresh cut fruit</p> <p>Soup: Split pea soup</p> <p>PM Snack: Fresh cut pears with whipped cream cheese</p>

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<p style="text-align: center;">18</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Hawaiian Chicken with pineapple and peppers, white rice and mini sweet plantains</p> <p>Vegetarian: Hawaiian tofu with white rice and mini sweet plantains</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Mix vegetable soup</p> <p>PM Snack: Fresh watermelon and mango fruit salad</p>	<p style="text-align: center;">19</p> <p>AM Snack: Organic vanilla yogurt with acai</p> <p>Lunch: Shredded beef in tomato sauce, potato puree and steamed carrots</p> <p>Vegetarian: Garbanzo stew with mash potato and steamed carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of cauliflower</p> <p>PM Snack: Fresh banana with whole wheat cracker</p>	<p style="text-align: center;">20</p> <p>AM Snack: Egg salad with greek yogurt and naan bread</p> <p>Lunch: Three bean and vegetable stew, white rice, and a green bean and tomato salad</p> <p>Vegetarian: Three bean and vegetable stew, white rice, and a green bean and tomato salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and noodle</p> <p>PM Snack: Fresh cut melon with string cheese</p>	<p style="text-align: center;">21</p> <p>AM Snack: Fresh cut apples with Organic wheat crackers</p> <p>Lunch: Roasted chicken, sweet potato puree, and steamed zucchini</p> <p>Vegetarian: Roasted lentil patties, sweet potato puree, and steamed zucchini</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of corn</p> <p>PM Snack: Organic whole grain bread with sliced cheese</p>	<p style="text-align: center;">22</p> <p>AM Snack: Organic banana bread</p> <p>Lunch: Ground turkey and vegetables in tomato sauce, macaroni pasta, with cut cucumbers and carrots</p> <p>Vegetarian: Ground lentils in tomato sauce, macaroni pasta, with cut cucumbers and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of broccoli</p> <p>PM Snack: Organic strawberry yogurt with organic toasted granola</p>
<p style="text-align: center;">25</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: cuban style ground beef, white rice, with black beans and vegetables</p> <p>Vegetarian: Black bean and vegetables with white rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of split pea</p> <p>PM Snack: Organic string cheese with fresh cut fruit salad</p>	<p style="text-align: center;">26</p> <p>AM Snack: Organic homemade cornbread</p> <p>Lunch: Roasted turkey with gravy, potato puree, and corn casserole</p> <p>Vegetarian: Roasted squash, potato puree, and corn casserole</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of pumpkin</p> <p>PM Snack: Organic vanilla yogurt with banana</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Teacher Planning Day</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Thanksgiving Break</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Thanksgiving Break</p>

*Menus are subject to change from week to week based on food shortages and high demand