

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Citrus pulled chicken, rice with pigeon peas, and baked broccoli and cauliflower</p> <p>Vegetarian: Pigeon peas with rice, and baked broccoli with cauliflower</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of sweet potato</p> <p>PM Snack: Organic string cheese with fresh cut fruit salad</p>	<p>4</p> <p>AM Snack: Organic blueberry muffin</p> <p>Lunch: Ground lean beef, cilantro rice, and buttered corn and squash</p> <p>Vegetarian: Refried beans, cilantro rice, and corn with squash</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of cauliflower</p> <p>PM Snack: Whole fresh banana</p>	<p>5</p> <p>AM Snack: Organic whole grain bread with egg salad made with greek yogurt</p> <p>Lunch: Beef tortellini in tomato sauce, 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 Kashis</p>	<p>6</p> <p>AM Snack: Organic banana bread</p> <p>Lunch: Braised chicken with potato in savory sauce, 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>7</p> <p>AM Snack: Cottage cheese with cut peaches</p> <p>Lunch: Homemade chicken tender bites, potato tots, and cucumber tomato salad</p> <p>Vegetarian: Plant based chicken tender, potato tots, and cucumber tomato salad</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>10</p> <p>AM Snack: Organic naan bread with whipped cream cheese</p> <p>Lunch: Asian beef and egg rice, with a green bean and carrot salad</p> <p>Vegetarian: Roasted tofu, white rice and green bean and carrot salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Creamed acorn</p> <p>PM Snack: Organic vanilla yogurt and diced peach</p>	<p>11</p> <p>No School</p> <p>Veterans Day</p>	<p>12</p> <p>AM Snack: Organic whole wheat bread with egg salad and greek yogurt</p> <p>Lunch: Whole grain pasta with cheese sauce, side of white beans and diced tomato</p> <p>Vegetarian: Whole grain pasta with cheese sauce, side of white beans and diced tomato</p> <p>Dessert: Fresh cut Fruit</p> <p>Soup: Chicken and root vegetables</p> <p>PM Snack: Organic apple and mango puree (sauce) with string cheese</p>	<p>13</p> <p>AM Snack: Organic Strawberry yogurt with organic toasted oats</p> <p>Lunch: Ground turkey with parsnip mash potato, and baked broccoli</p> <p>Vegetarian: Ground lentils with a parsnip mashed potato and crisp broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Red Bean soup</p> <p>PM Snack: Fresh cut organic pineapple with wheat crackers</p>	<p>14</p> <p>AM Snack: Organic blueberry muffin</p> <p>Lunch: Deconstructed bites. Naan bread, tomato and beef sauce, shredded mozzarella, and buttered corn</p> <p>Vegetarian: Deconstructed pizza bites, naan bread, tomato sauce, shredded mozzarella, and buttered corn</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Split pea soup</p> <p>PM Snack: Fresh cut pears with whipped cream cheese</p>

<p>17</p> <p>AM Snack: Organic oat Cereal with organic milk</p> <p>Lunch: Chicken with diced 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>18</p> <p>AM Snack: Organic vanilla yogurt with acai</p> <p>Lunch: Fish Tacos! Wild caught pollock fish sticks, tortillas, homemade tartar sauce, and tomato and corn salsa</p> <p>Vegetarian: Tofu sticks, tortillas, homemade tartar sauce, and a tomato and corn salsa</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of zucchini</p> <p>PM Snack: Fresh banana with whole wheat cracker</p>	<p>19</p> <p>AM Snack: Egg salad with greek yogurt and naan bread</p> <p>Lunch: Whole grain pasta with a fresh herb pesto, grilled chicken bits, and steamed buttered peas</p> <p>Vegetarian: Whole grain pasta with a fresh herb pesto, and buttered peas</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Tomato Bisque</p> <p>PM Snack: Fresh cut melon with string cheese</p>	<p>20</p> <p>AM Snack: Strawberry chia pudding</p> <p>Lunch: Roasted beef, 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>21</p> <p>AM Snack: Organic banana bread</p> <p>Lunch: Deconstructed chicken parm. Chicken bites, marinara, and shredded cheese with grilled vegetables and potato tots</p> <p>Vegetarian: Deconstructed vegan chicken parm. Vegan chicken bites, marinara, and shredded cheese with grilled vegetables and potato tots.</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of spaghetti squash</p> <p>PM Snack: Organic strawberry yogurt with organic toasted granola</p>
<p>24</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Sweet and sour meatballs with white rice and asian mix vegetables</p> <p>Vegetarian: Vegetable rice, roasted sweet and cauliflower</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of carrot and ginger</p> <p>PM Snack: Fresh cut fruit salad and organic whole wheat cracker</p>	<p>25</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>26</p> <p>No School</p> <p>Teacher Planning Day</p>	<p>27</p> <p>No School</p> <p>Thanksgiving Break</p>	<p>28</p> <p>No School</p> <p>Thanksgiving Break</p>