

NOVEMBER, 2019

monday	tuesday	wednesday	thursday	friday
				1 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies
4 PASTA DAY beef stroganoff creamy mushroom sauce egg noddles multigrain bread	5 TACO TUESDAY shredded chicken, brown rice, black beans, cheddar cheese, sour cream lettuce and salsa tortilla chips	6 BREAKFAST DAY waffles scrambled eggs turkey sausage fresh fruit syrup	7 STUDENT CHOICE will be announced on Mondays	8 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies
11 PASTA DAY lasagna ricotta, parmesan and mozzarella marinara sauce steamed veggies	12 enchiladas stuffed with beef and cheddar baked in wheat tortilla brown rice sweet corn cake	13 BREAKFAST DAY vanilla oatmeal cheesy eggs wheat toast bananas hash browns	14 chicken pot pie stuffed with veggies, rice and chicken pumpkin pie	15 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies
18 PASTA DAY cheese ravioli marinara sauce mozzarella cheese steamed broccoli	19 burrito bowls diced chicken, brown rice, black beans, salsa, lettuce, cheddar and sour cream tortilla chips	20 BREAKFAST DAY bacon, egg, and cheese on english muffin homefries	21 STUDENT CHOICE will be announced on Mondays	22 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL 

