








November Lunch Menu

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

		1 Pasta Alfredo w/ Zucchini & Garlic Bread Fresh Fruit	2 Mac-n-Cheese w/ Tomatoes Mixed green Salad Fresh Fruit	3 Grilled Cheese w/ Tomato Soup Whole Grain Gold Fish
6 Turkey Chili Corn Bread Muffins Fresh Fruit	7 Herb Roasted Chicken & Creamy Garlic Mashed Potato's Green Beans	8 Swedish Meatballs w/ Rice & Peas Fresh Fruit	9 Hot Turkey & Cheese Sandwich w/ Tomato Soup Fresh Fruit	10 
13 Chicken Quesadilla w/ Spanish Rice Fresh Fruit	14 	15 Cheese Ravioli w/ Parmesan & Caesar Salad w/ Garlic Bread	16 Chicken Teriyaki w/ Rice Broccoli Fresh Fruit	17 Friendship Feasts! See Your Classroom Sign Up!
20 Turkey Spaghetti w/ Marinara & Garden Salad & Garlic Bread	21 Herb Roasted Chicken & Creamy Garlic Mashed Potato's Green Beans	22 BBQ Meatballs w/ Rice & Peas Fresh Fruit	23 	24 
27 Teriyaki Meatballs w/ Rice & Peas Fresh Fruit	28 	29 Turkey Chili Corn Bread Muffins Fresh Fruit	30 Chicken Quesadilla w/ Spanish Rice Fresh Fruit	

Fruit of the Month

Our FruitGuys Order will be on a mini
Vacation during the month of
November.

Seasonal Fruits & Veggies will be
provided.

- Water is served with every meal and is our primary source of beverage.
- All meals are served Family Style
- A fruit and a vegetable is served with every meal and provided by *The Fruit Guys*.
- All meals are homemade and do not include anything fried, re-heated or with trans-fat.
- Only whole grain and whole wheat foods are provided.

