

November 2014

SchoolFood FEED YOUR MIND

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>Entrée 3</p> <p>Cheesy Baked Rotini</p> <p>Toasty Bread Stick</p> <p>Eat Your Colors</p> <p>Zucchini Coins</p> | <p>Entrée 4</p> <p>Chicken Caesar Wrap</p> <p>Eat Your Colors</p> <p>Spicy Wedge Cut Potatoes</p> <p>Election Day</p> | <p>Entrée 5</p> <p>Teriyaki Chicken</p> <p>Rice Bowl</p> <p>Teriyaki Tofu</p> <p>Rice Bowl</p> <p>Cookie Treat</p> <p>Eat Your Colors</p> <p>Orange Roasted Carrots</p> | <p>Entrée 6</p> <p>Herb Roasted Chicken</p> <p>Baked Penne</p> <p>Eat Your Colors</p> <p>Parmesan Spinach</p> | <p>Entrée 7</p> <p>Pizza Party</p> <p>Chicken Italiano Topping</p> <p>Eat Your Colors</p> <p>Green Garden Salad</p> <p>Chickpea Salad</p> |
| <p>Entrée 10</p> <p>Cheese Manicotti</p> <p>Marinara Sauce</p> <p>Eat Your Colors</p> <p>Green Beans</p> | <p>Entrée 11</p> <p>Chicken Quesadilla</p> <p>Corn Quesadilla</p> <p>Served with Salsa</p> <p>Eat Your Colors</p> <p>Black Bean Salsa</p> <p>Sweet Plantains</p> <p>Veterans Day</p> | <p>Entrée 12</p> <p>Malini's Curried Tofu</p> <p>Rice Bowl</p> <p>Curried Chicken</p> <p>Rice Bowl</p> <p>Educational Snack</p> <p>Eat Your Colors</p> <p>Buttermilk Cucumber Raita</p> | <p>Entrée 13</p> <p>Zesty BBQ'd Chicken</p> <p>Buttermilk Biscuit</p> <p>Eat Your Colors</p> <p>Braised Collards</p> | <p>Entrée 14</p> <p>Pizza Party</p> <p>Garden Fresh Topping</p> <p>Eat Your Colors</p> <p>Kid Friendly Kale Salad</p> <p>Fresh Tomato Salad</p> |
| <p>Entrée 17</p> <p>Cheesy Baked Rotini</p> <p>Toasty Bread Stick</p> <p>Eat Your Colors</p> <p>Zucchini Coins</p> | <p>Entrée 18</p> <p>Toasted Hot Sandwiches</p> <p>Eat Your Colors</p> <p>Sweet Potato Wedges</p> <p>Parent Teacher Conference</p> | <p>Entrée 19</p> <p>Vegetarian Chili</p> <p>Served with Rice</p> <p>Warm Taco Boat</p> <p>Cookie Treat</p> <p>Eat Your Colors</p> <p>Garlicky Broccoli</p> | <p>Entrée 20</p> <p>Slow Roasted Turkey</p> <p>Country Gravy</p> <p>Buttermilk Biscuit</p> <p>Eat Your Colors</p> <p>Orange Roasted Carrots</p> <p>Mashed Potatoes</p> <p>Holiday Meal</p> | <p>Entrée 21</p> <p>Pizza Party</p> <p>Spicy Chicken Topping</p> <p>Eat Your Colors</p> <p>Green Garden Salad</p> <p>Chickpea Salad</p> |
| <p>Entrée 24</p> <p>Cheese Stuffed Shells</p> <p>Marinara Sauce</p> <p>Eat Your Colors</p> <p>Green Beans</p> | <p>Entrée 25</p> <p>Chicken Quesadilla</p> <p>Spinach Quesadilla</p> <p>Served with Salsa</p> <p>Eat Your Colors</p> <p>Tangy Corn Off The Cob</p> | <p>Entrée 26</p> <p>Tuscan Chicken</p> <p>Pasta Bowl</p> <p>Educational Snack</p> <p>Eat Your Colors</p> <p>Garlicky Broccoli</p> | <p>Entrée 27</p> <p>Spanish Chicken</p> <p>Yellow Rice</p> <p>Eat Your Colors</p> <p>Souper Beans</p> <p>Sweet Plantains</p> <p>Thanksgiving Recess</p> | <p>Entrée 28</p> <p>Pizza Party</p> <p>Garden Fresh Topping</p> <p>Eat Your Colors</p> <p>Kid Friendly Kale Salad</p> <p>Fresh Tomato Salad</p> <p>Thanksgiving Recess</p> |

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, and Cheese Sandwiches

Flavor Station: Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano

Burger Condiments: Ketchup, Mustard, Mayonnaise *Dipping Sauces:* Ketchup, Honey Mustard, Mayo, Duck Sauce, Thai Chili Sauce

Dressings: Asian Sesame, Balsamic, Chipotle Ranch, Ranch, French, Honey Mustard, Lite Italian

Menu is Subject to Change

K-8 Alternative Lunch Menu

