



# November 2011

<b>MONDAY</b>	<b>TUESDAY 1st</b>	<b>WEDNESDAY 2nd</b>	<b>THURSDAY 3rd</b>	<b>FRIDAY 4th</b>
	(DF) Pasta Marinara  Or Ham and Cheese on Wheat Bread  Minestrone Soup	French Bread Pizza  Or Turkey and Cheese On Wheat Bread  Roast Carrots	(DF) Chicken Wings  Or Baked Potato Bar  Steamed Corn	Chicken Nachos  Or Chicken Taco  White Bean Chili
<b>MONDAY 7th</b>	<b>TUESDAY 8th</b>	<b>WEDNESDAY 9th</b>	<b>THURSDAY 10th</b>	<b>FRIDAY 11th</b>
<b>NO  SCHOOL</b>	(DF) Rotini Noodles with Bolognese Sauce  Or Italian Sub  Steamed Broccoli	(DF) Waffles  And Scrambled Eggs  Turkey Sausage  Fresh Fruit	$\frac{1}{2}$  <b>DAY</b>	$\frac{1}{2}$  <b>DAY</b>
<b>MONDAY 14th</b>	<b>TUESDAY 15th</b>	<b>WEDNESDAY 16th</b>	<b>THURSDAY 17th</b>	<b>FRIDAY 18th</b>
(DF) Sirloin Burger  Or Turkey Cheese Sub  Broccoli Cheddar Soup	Beef Stroganoff  Or Tuna Salad Wrap  Steamed Green Bean	Pita Pizza  Or Potato Leek Soup  Roast Cauliflower	(DF) Chicken Quesadilla  Or Southwestern Caesar Salad  Chicken and Rice Soup	Grilled Cheese Sandwich  Or Turkey Cheese Wrap  Tomato Soup

<b>MONDAY 21st</b>	<b>TUESDAY 22nd</b>	<b>WEDNESDAY 23rd</b>	<b>THURSDAY 24th</b>	<b>FRIDAY 25th</b>
(DF) Sloppy Joes  Or  Turkey Sandwich  Roast Redskin Potato	Chicken Alfredo With Rotini  Or  Ham and Cheese Sandwich  Acorn Squash	½  DAY	HAPPY  THANKSGIVING	NO  SCHOOL
<b>MONDAY 28th</b>	<b>TUESDAY 29th</b>	<b>WEDNESDAY 30th</b>		
NO  SCHOOL	Cheese Burger Macaroni  Or  Grilled Turkey and Cheese Pita  Wild Rice Medley	Pasta Primavera with Pesto Chicken  Or  Grilled Ham and Cheese  Roast Zucchini		
<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>
Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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#### GET TO KNOW THE MENU

- Alfredo Sauce- a creamy white sauce made indigenous to Italy
- Primavera- An Italian dish of fresh vegetables tossed with noodles
- Goulash- Hungarian stew consisting of meat, vegetables, and egg noodles. Seasoned with Paprika and other spices

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