



# NOVEMBER 2021



## FAN FAVORITES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Bean &amp; Cheese Enchiladas</b> Zesty Rice Sauteed Zucchini Lime Cilantro Slaw	<b>2</b> <b>Popcorn Chicken or Black Bean Burger on Bun</b> Sweet Potato Fries Buttery Broccoli Roasted Cauliflower Cheesy Garlic Knot	<b>3</b> <b>Beef or Black Bean Soft Tacos</b> Seasoned Rice Refried Beans Sauteed Corn Salsa, Sour Cream	<b>4</b> <b>Chicken &amp; Biscuit or Garlicky White Bean Stew</b> Buttery Green Beans Roasted Carrots Whole Grain Biscuit	<b>5</b>  <b>NO SCHOOL!!!</b>
<b>8</b> <b>Grilled Cheese Sandwich</b> Creamy Tomato Soup Peas and Carrots Sweet Potato Wedges Kale Salad	<b>9</b> <b>BBQ Pulled Pork or BBQ Tofu</b> on Whole Grain Bun BBQ Baked Beans Buttery Corn Creamy Coleslaw	<b>10</b> <b>EARLY RELEASE DAY!</b>  <b>STOP BY THE CAFE AND GRAB A LUNCH TO GO!</b>	<b>11</b> <b>Breaded Fish Filet with Tartar Sauce or Garden Burger Strips</b> Roasted Red Potatoes Green Beans Whole Grain Roll	<b>12</b> <b>General Tso's Chicken or General Tso's Tofu</b> Garlic Noodles Steamed Broccoli Glazed Carrots
<b>15</b> <b>Bacon-Cheese Quiche or 3-Cheese Quiche</b> Homefries Broccoli Cottage Cheese Whole Grain Biscuit	<b>16</b> <b>Local Beef Sloppy Joe or Sloppy Lentils</b> on Whole Grain Bun Sweet Potato Wedges Buttery Corn Black Bean Salad	<b>17</b> <b>Crispy Chicken Sandwich or Black Bean Burger</b> on Whole Grain Bun with BBQ Sauce Roasted Red Potatoes Sauteed Zucchini	<b>18</b> <b>Meatball Sub or Garden Burger Parmesan</b> on Whole Grain Roll with Marinara and Cheese Green Beans Herb Roasted Carrots	<b>19</b> <b>PIZZA-PA-LOOZA</b> Pepperoni or BBQ Chicken or Cheese or Veggie Garden Salad and Ranch
<b>22</b>  <b>NO SCHOOL</b>	<b>23</b>  <b>NO SCHOOL</b>	<b>24</b>  <b>NO SCHOOL</b>	<b>25</b>  <b>NO SCHOOL</b>  <b>Happy Thanksgiving</b>	<b>26</b>  <b>NO SCHOOL</b>
<b>29</b> <b>DELI DAY!!!</b> Assorted Deli Sandwiches on Whole Grain Bread Creamy Tomato Soup Cottage Cheese Garden Salad	<b>30</b> <b>Chicken Quesadilla or Cheese Quesadilla</b> Seasoned Rice Refried Beans Buttery Corn Salsa, Sour Cream	ALL meals are <b>FREE</b> for ALL students  <b>Call us anytime for more information 471-2297</b>	<b>All Meals include Fruit Selection</b>  <b>MENU SUBJECT TO CHANGE</b>	

1% White Milk - Chocolate Skim Milk, - White Skim Milk Served with EVERY MEAL

## Signature Specials

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>Egg Salad Sandwich</b> on Whole Grain Bread <b>Chicken Caesar Salad</b> w/Whole Grain Roll <b>Pepperoni or Hummus Snack Pack</b>	<b>Ham &amp; Cheese</b> on Whole Grain Bread <b>Chef's Salad</b> w/Whole Grain Roll <b>Pepperoni or Hummus Snack Pack</b>	<b>Turkey &amp; Cheese</b> on Whole Grain Bread <b>Greek Salad</b> w/Whole Grain Roll <b>Pepperoni or Hummus Snack Pack</b>	<b>Italian Sub</b> on Whole Grain Hoagie <b>Chicken Cobb Salad</b> w/Whole Grain Roll <b>Pepperoni or Hummus Snack Pack</b>	<b>Turkey BLT</b> on Whole Grain Bread <b>Chicken Caesar Salad</b> w/Whole Grain Roll <b>Pepperoni or Hummus Snack Pack</b>

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**\*\*Karen Takeda, Chef Manager \*\*Carmen Jochum, Manager\*\*Lisa Lawrence\*\* Jamie Bryant \*\*Sally Palmer\*\***

**PREPARING FRESH, HEALTHY MEALS EVERY DAY SO STUDENTS LEARN AND SUCCEED**