



November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ~ chicken cutlets & gravy ~ tomato brown gravy meatballs <i>fresh baked whole wheat roll(s)</i> ~ grilled panini selections-n <i>"real" mashed potatoes</i> <i>thyme carrots and green peas</i> <i>seasonal fresh fruit</i> <i>peach & brown sugar mini muffins</i>	2 ~meaty rigatoni Bolognese <i>fresh baked tomato parmesan roll(s)</i> ~ chicken alfredo sub ~ French bread pizza picks-n <i>steamed rosemary green beans</i> <i>garlic parmesan spinach</i> <i>chopped Italian side salad</i> <i>chilled pears, peaches, and pineapple in juice</i>	3 ~ sweet & sour pineapple beef ~ vegetable lo mein noodles-n ~ teriaki chicken wings <i>fresh baked sesame breadstick(s)</i> <i>stir-fry vegetable brown rice</i> <i>steamed broccoli & water chestnuts</i> <i>crispy "asian" cole slaw</i> <i>mandarin orange salad</i>	4 ~ baked southwestern talapia ~ chili con carne enchiladas ~ grilled cheese quesadilla-n <i>Tex-Mex red potatoes</i> <i>chunky refried beans</i> <i>leafy taco side salad</i> <i>fresh seasonal fruit</i> <i>cinnamon pastry puff</i>
7 <i>chef's global Monday tastes</i> ~ German-style meatballs & noodles ~ chicken sausage w/red cabbage ~ grilled cheddar cheesewich-n <i>garlic oven diced potatoes</i> <i>"Old Bay" sweet corn & peas</i> <i>pickle spear(s)</i> <i>fresh seasonal fruit</i> <i>lemon gelatin & pears</i>	8 ~ spaghetti alla Carbonara ~ eggplant parmesan-n <i>fresh baked garlic whole grain roll(s)</i> ~ kinda' deep dish pizza-n <i>Italian vegetable medley</i> <i>white beans & stewed tomatoes</i> <i>Caesar side salad</i> <i>carrot cake spice bar</i>	9 ~Southern "red" bbq chicken ~ Mac n' four cheese pasta-n <i>fresh baked wheat breadstick(s)</i> ~ skirt steak sandwich/kaiser roll <i>maple orange sweet potatoes</i> <i>steamed lemony broccoli florets</i> <i>fresh kale & spinach side salad</i> <i>baked cinnamon apples</i>	10 ~ savory beef steak & gravy ~ lemon garlic wings <i>fresh baked whole wheat roll(s)</i> ~ baked 3-cheese French loaf-n <i>butter & parsley mashed potatoes</i> <i>yellow squash & green beans</i> <i>chilled peach halves in light syrup</i> <i>chocolate-vanilla swirl yogurt "pudding"</i>	11 ~ a big beef "enchiladarrito" ~ chicken fajita skillet <i>with veggies, tortillas, & cheese</i> ~ cheddar nacho sauce/chips-n <i>ranchero pinto beans</i> <i>Spanish-style brown rice</i> <i>leafy taco side salad</i> <i>Tres Leches-like whole grain banana cake</i>
Offered every day in your cafeteria: at least 3 entrees - multiple sides - fresh fruit - salad bar (most schools) - fresh-made sandwiches (at least three varieties) and salad bowls fruit, cheese, and/or veggie trays - fresh baked muffins, cookies, and other bakery "snacks" - baked chips - milk selections - 100% fruit juice - bottled waters				
14 <i>chef's global Monday tastes</i> Caribbean chicken & sweet potato rice ~ Calaypso "bean pot"-n ~ charbroiled cheeseburger <i>whole wheat burger bun</i> <i>oven baked potato tots</i> <i>basil peas & carrots</i> <i>burger "salad" (L/T/P)</i> <i>chilled pears, peaches, and pineapple in juice</i>	15 ~ Roman meatballs & sauce ~ alfredo primavera sauce-n <i>whole grain penne pasta side</i> ~ pizza selections by the slice-n <i>parmesan cauliflower/broccoli</i> <i>fresh baked garlic breadstick(s)</i> <i>chopped Italian side salad</i> <i>fresh cut pineapple wedges</i>	16 ~ herb "oven-fried" chicken ~ broccoli cheddar baked potato-n <i>oat n' wheat bread & european butter</i> ~ turkey dog/whole wheat bun <i>cowboy ranch beans</i> <i>lemon pepper green beans</i> <i>chilled diced peaches in syrup</i> <i>blueberry oat mini muffins</i>	17 ~ Mississippi oven brisket ~ garden chili n' cheese-n <i>fresh baked whole wheat roll(s)</i> fresh baked biscuits w/roasted chicken <i>rosemary red potatoes</i> <i>cumin confetti corn</i> <i>fresh sliced seasonal melon</i> <i>baked peaches and whipped topping</i>	18 ~ tropical-style fish tacos ~ shredded chicken nachos ~ grilled cheese quesadilla-n <i>spinach cheddar brown rice</i> <i>seasoned black beans</i> <i>cucumber pico de gallo salad</i> <i>fresh seasonal fruit</i> <i>cinnamon pastry puff</i>
21 <i>chef's global Monday tastes</i>	22	23		
"- n" means non-meat entrée - choose an entrée and 3 sides for your complete plate - menu is always baked and never fried - no pork or peanut on menu - only fresh or frozen vegetables used in our cooking most bread is fresh baked in our kitchens and sent to you (except burger/dog buns and pizza crusts which are always whole wheat/whole grain) - we cook low salt/lower sugar/and mostly low fat				
28 <i>chef's global Monday tastes</i> ~ Spanish chicken "orzo" paella ~ "tortilla Esponaola" potato tarts -n ~ charbroiled cheeseburger <i>whole wheat burger bun</i> <i>oven baked potato tots</i> <i>garlic green beans</i> <i>burger "salad" (L/T/P)</i> <i>awberries and applesauce</i>	29 ~ honey mustard bbq chicken ~ ham steak (cured turkey) & pineapple <i>fresh baked whole wheat breadstick(s)</i> ~ grilled cheddar cheesewich-n <i>herb roasted sweet potatoes</i> <i>lemony steamed broccoli florets</i> <i>chilled diced pears in juice</i> <i>apple oat bar</i>	30 ~ breaded beef milanese ~ bistro creamy chicken pasta <i>fresh baked whole grain roll(s)</i> ~ pizza selections by the slice-n <i>Italian vegetable medley</i> <i>Tuscan white bean "soup"</i> <i>Caesar side salad</i> <i>chilled "tropical" fruit</i>		

