

November 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				NO SCHOOL	NO SCHOOL	
4	5	6	7	8	9	10
	Broccoli Salad Fish and Chips Bread Yogurt	Corn Spaghetti and Meat Sauce Bread Fresh Fruit	Green Beans Chicken Enchiladas Rice Fresh Fruit	Mixed Salad Pork and Potatoes Bread Yogurt	Cream of Vegetable Soup Pizza Fruited Jello	
11	12	13	14	15	16	17
	Glazed Carrots Macaroni and Tuna Bake Fruit	Mixed Salad Beef Quesadillas Peaches and Cream Pudding	Southwest Chicken with Rice and Vegetables Bread Yogurt	Vegetable Omelette Muffins Sausage Bread Fresh Fruit	Mediterranean Lentils Baked Fish and Potatoes Yogurt	
18	19	20	21	22	23	24
	Pulled Pork Soup Corn Fritters Fresh Fruit	Mixed Salad Rice with Tomato Sauce Meatloaf Yogurt	Zucchini Pancake Popcorn Chicken Parmesan Pasta Fresh Fruit	Sweet Potato Fries Fish Sticks Bread Yogurt	Green Beans Ham and Cheese Quiche Bread Fresh Fruit	
25	26	27	28	29	30	1
	Rice and Beans San Jacobos Bread Yogurt	Broccoli Slaw Tuna Noodles/ and Cheese Bread Fresh Fruit	Beef Stew Bread Yogurt	Cucumber Tomato Salad Pizza Frittata Bread Fresh Fruit	Cream of Zucchini Soup Fish Cakes Bread Fresh Fruit	