NOVEMBER

Pre-K to 5th grade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispy Chicken Sandwich Sweet Potato Waffle Fries Fresh Broccoli & Ranch Fruit & Vegetable Bar Milk	4 All Beef Hotdog Oven Fries Baked Beans Fruit & Vegetable Bar Milk	Cindy's VT Mac & Cheese Garlic Roasted Green Beans Carrot Sticks Fruit & Vegetable Bar Milk	6 Early Release Turkey, Cheese & Lettuce Croissant Chips Vegetables & Ranch Fruit & Vegetable Bar Milk	7 Spaghetti w/ VT Meat Sauce Roasted Carrot Coins Garlic Bread Fruit & Vegetable Bar Milk
Breakfast for Lunch Chicken Sausage, Egg & Cheese Hashbrown Fruit & Vegetable Bar Milk	11 Turkish Chicken w/ Flatbread Cucumber Sauce Carrot Sticks Fruit & Vegetable Bar Milk	12 VT Beef Tacos Black Beans Roasted Corn Guacamole Fruit & Vegetable Bar Milk	13 PIZZA DAY! Buffalo Chicken or Cheese Pizza Caesar Salad Roasted Chickpeas Fruit & Vegetable Bar Milk	14 Chicken & Waffles VT Maple Syrup Roasted Butternut Squash Fruit & Vegetable Bar Milk
17 Cheesy Bread Sticks w/ Marinara Caesar Roasted Chickpeas Fruit & Vegetable Bar Milk	18 Roasted Turkey w/Gravy Mashed Potatoes Biscuit Buttery Peas Fruit & Vegetable Bar Milk	Plain or w/ Cheese Roasted Potato Fries Spinach & Apple Salad Fruit & Vegetable Bar Milk	20 Cabot Grilled Cheese Tomato Soup Carrots, Celery & Ranch Fruit & Vegetable Bar Milk	Cheesy Lasagna Roll Roasted Broccoli Fruit & Vegetable Bar Milk
24 No School	25 No School	26 No School	27 No School	28 No School

VEGETARIAN Alternatives:

MONDAYS- Meatless Nuggets THURSDAYS- Veggie Grillers
TUESDAYS- Black Bean Burger
FRIDAYS- Black Bean Burger
WEDNESDAYS- Meatless Chicken Patty