



SCHOOL MEAL PROGRAM

Hot Lunch Menu November, 2016

Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
October 31 Baked Chicken & Potato Wedges <i>(Chix & Skeleton Stix)</i> Cherry Tart <i>(Cauldron Cake)</i> Milk	1 Shepherd's Pie (beef) Applesauce Milk	2 Cheese Ravioli with Tomato Sauce Fresh Fruit Milk	3 Vegetarian Chili Multigrain Roll Carrots & Dip Milk	4 Souvlaki Chicken With Rice Fresh Fruit Milk
7 Meat Sauce (beef) With Penne Granny Smith Apple Milk	8 Teriyaki Tofu and Veggies on Rice Fruit Yogurt Milk	9 Mango Salsa Chicken with Roast Potatoes Caesar Salad Milk	10 Cheese Pizza on Multigrain Crust Fresh Fruit Milk	11 REMEMBRANCE DAY
14 Beef Lasagna Fresh Fruit Milk	15 Potato & Leek Frittata with $\frac{1}{2}$ Multigrain Bagel Canned Pineapple Milk	16 Turkey Meatballs & Whole Wheat Spaghetti Tossed Salad Milk	17 Lentil Dahl with Pita Wedge Snap Peas & Dip Milk	18 Chicken Noodle Soup Stoned Wheat Crackers Fresh Fruit Milk
21 Beef Stew with Potato & Veggies & Multigrain Roll Fresh Pear Milk	22 Chicken Cacciatore with tri color Rotini Spinach Salad Milk	23 Fish Fillet on Rice & Quinoa Blend Cucumbers & Dip Milk	24 Veggie Pizza on Multigrain Crust Fresh Fruit Milk	25 PROFESSIONAL DAY