

SCAP

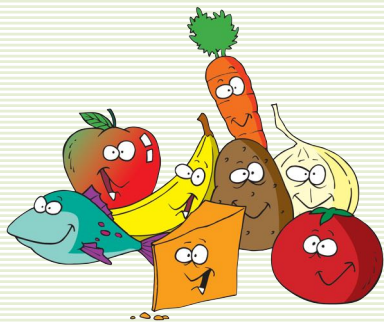
LUNCHEON CALENDAR

NOVEMBER 2018

Whole Milk/1%
Served Daily

**A Healthy &
Diverse School
Lunch Program**

Email:
getsolutions@optonline.net



Fruit & Vegetable Selections
subject to change pending
availability

			1 Grilled Chicken <i>or</i> Grilled Veggie Cakes with Rice Carrots, Peas, Green beans Fresh Melon	2 BBQ Chicken Or BBQ Grilled Tofu with Cornbread Baked Beans Bananas
5 Chicken Hotdogs Cucumber & Tomato Salad Apple Slices	6 Lemon Chicken <i>or</i> Herbed Lemon Tofu Both served over Rice Broccoli Watermelon	7 Pancakes with Fruit Syrup <i>Choice of</i> Turkey Sausage or Veggie Patty Corn Oranges	8 Quesadillas! Chicken & Cheese or Just Cheese Peas, Carrots, Corn Fresh Melon	9 Cheese Pizza Green Beans Bananas
12 Baked Ziti Broccoli Pear Slices	13 Chicken Noodle or Cream of Tomato Soup Each with ½ Whole Wheat Cheese Sandwich Fresh Melon	14 French Toast Sticks <i>Choice of</i> Turkey Sausage or Veggie Patty Corn Oranges	15 Mac & Cheese Peas, Carrots, Corn Fresh Melon	16 Cheese Pizza Green Beans Bananas
19 Chicken Hotdogs Cucumber & Tomato Salad Bananas	20 Traditional Holiday Meal! Roasted Turkey, Green beans, Mashed Potato Apple Slices	21 Ham & American Cheese Sandwiches <small>(turkey & cheese available upon request)</small> Sliced Cucumbers Fresh Melon	22 Happy Thanksgiving!	23 No lunch served
26 Grilled Cheese on Whole Wheat Bread Green Salad with Cucumber & Tomato with Ranch Dressing Corn Peaches	27 Spaghetti Marinara with Turkey Meatballs <i>or</i> Veggie Balls Broccoli Fresh Melon	28 Fish Sticks Or Pink Navy Beans Both served with Tomato-Infused Rice Peas & Carrots Oranges	29 Quesadillas! Chicken & Cheese or Just Cheese Corn Fresh Melon	30 Cheese Pizza Green Beans Bananas