

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b></p> <p><b>AM Snack:</b> Organic blueberry muffin</p> <p><b>Lunch:</b> Beef stew with shell pasta and fresh grated parm</p> <p><b>Vegetarian:</b> Vegetable and tofu stew with shell pasta</p> <p><b>Dessert:</b> Fresh cut fruit</p> <p><b>Soup:</b> Split pea soup</p> <p><b>PM Snack:</b> Organic strawberry yogurt with half a banana</p>
<p><b>4</b></p> <p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Arroz con pollo with steamed peas and cauliflower</p> <p><b>Vegetarian:</b> Vegetable rice, roasted sweet and cauliflower</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of lentils</p> <p><b>PM Snack:</b> Fresh cut fruit salad and organic whole wheat cracker</p>	<p><b>5</b></p> <p><b>AM Snack :</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Ground lean beef, cilantro rice, and buttered corn and carrots</p> <p><b>Vegetarian:</b> Refried beans, cilantro rice, and corn with carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of cauliflower</p> <p><b>PM Snack:</b> Organic string cheese and fresh bananas</p>	<p><b>6</b></p> <p><b>AM Snack :</b> Organic whole grain bread with egg and greek yogurt</p> <p><b>Lunch:</b> Baked vegetable ziti, with a white bean and cucumber salad</p> <p><b>Vegetarian:</b> Baked vegetable ziti, with a white bean and cucumber salad</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Chicken and potato Soup</p> <p><b>PM Snack:</b> Fresh fruit salad with Berry Kashish</p>	<p><b>7</b></p> <p><b>AM Snack :</b> Fresh cut apples with organic wheat crackers</p> <p><b>Lunch:</b> Chicken fricassee, white rice, with peas and carrots</p> <p><b>Vegetarian:</b> White bean fricassee, white rice, with peas and carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of broccoli</p> <p><b>PM Snack:</b> Organic vanilla yogurt with a half banana</p>	<p><b>8</b></p> <p><b>AM Snack:</b> Organic banana bread</p> <p><b>Lunch:</b> Ground Turkey, potato puree, and baked broccoli</p> <p><b>Vegetarian:</b> Stir fry lentil, potato puree, with baked broccoli</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Tomato bisque</p> <p><b>PM Snack:</b> Toddler friendly organic trail mix with dried yogurt (nut free)</p>
<p><b>11</b></p> <p>No School</p> <p>Veterans Day</p>	<p><b>12</b></p> <p><b>AM Snack:</b> Organic naan bread with whipped cream cheese</p> <p><b>Lunch:</b> Beef and egg fried rice, with a green bean salad</p> <p><b>Vegetarian:</b> Roasted tofu, fried rice and green bean salad</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Broccoli soup</p> <p><b>PM Snack:</b> Organic vanilla yogurt and diced peach</p>	<p><b>13</b></p> <p><b>AM Snack:</b> Organic whole bread with egg salad and greek yogurt</p> <p><b>Lunch:</b> Mac and cheese with white beans and diced tomato</p> <p><b>Vegetarian:</b> Mac and cheese, with white beans and diced tomato</p> <p><b>Dessert:</b> Fresh cut fruit</p> <p><b>Soup:</b> Chicken noodle soup</p> <p><b>PM Snack:</b> Organic apple and mango puree (sauce) with string cheese</p>	<p><b>14</b></p> <p><b>AM Snack:</b> Organic strawberry yogurt with organic toasted oats</p> <p><b>Lunch:</b> Ground turkey with mashed cauliflower and potatoes, and crisp broccoli</p> <p><b>Vegetarian:</b> Ground lentils with mashed cauliflower and potatoes. And crisp broccoli</p> <p><b>Dessert:</b> Fresh cut fruit</p> <p><b>Soup:</b> Red Bean soup</p> <p><b>PM Snack:</b> Fresh cut organic pineapple with whole grain squares</p>	<p><b>15</b></p> <p><b>AM Snack:</b> Organic blueberry muffin</p> <p><b>Lunch:</b> Beef sliders, home baked fries and garden salad with tomatoes</p> <p><b>Vegetarian:</b> Black bean slider, baked fries, and a garden salad with tomatoes</p> <p><b>Dessert:</b> Fresh cut fruit</p> <p><b>Soup:</b> Split pea soup</p> <p><b>PM Snack:</b> Fresh cut pears with whipped cream cheese</p>

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<p style="text-align: center;"><b>18</b></p> <p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Hawaiian Chicken with pineapple and peppers, white rice and mini sweet plantains</p> <p><b>Vegetarian:</b> Hawaiian tofu with white rice and mini sweet plantains</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Mix vegetable soup</p> <p><b>PM Snack:</b> Fresh watermelon and mango fruit salad</p>	<p style="text-align: center;"><b>19</b></p> <p><b>AM Snack:</b> Organic vanilla yogurt with acai</p> <p><b>Lunch:</b> Shredded beef in tomato sauce, potato puree and steamed carrots</p> <p><b>Vegetarian:</b> Garbanzo stew with mash potato and steamed carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of cauliflower</p> <p><b>PM Snack:</b> Fresh banana with whole wheat cracker</p>	<p style="text-align: center;"><b>20</b></p> <p><b>AM Snack:</b> Egg salad with greek yogurt and naan bread</p> <p><b>Lunch:</b> Three bean and vegetable stew, white rice, and a green bean and tomato salad</p> <p><b>Vegetarian:</b> Three bean and vegetable stew, white rice, and a green bean and tomato salad</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Chicken and noodle</p> <p><b>PM Snack:</b> Fresh cut melon with string cheese</p>	<p style="text-align: center;"><b>21</b></p> <p><b>AM Snack:</b> Fresh cut apples with Organic wheat crackers</p> <p><b>Lunch:</b> Roasted chicken, sweet potato puree, and steamed zucchini</p> <p><b>Vegetarian:</b> Roasted lentil patties, sweet potato puree, and steamed zucchini</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of corn</p> <p><b>PM Snack:</b> Organic whole grain bread with sliced cheese</p>	<p style="text-align: center;"><b>22</b></p> <p><b>AM Snack:</b> Organic banana bread</p> <p><b>Lunch:</b> Ground turkey and vegetables in tomato sauce, macaroni pasta, with cut cucumbers and carrots</p> <p><b>Vegetarian:</b> Ground lentils in tomato sauce, macaroni pasta, with cut cucumbers and carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of broccoli</p> <p><b>PM Snack:</b> Organic strawberry yogurt with organic toasted granola</p>
<p style="text-align: center;"><b>25</b></p> <p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> cuban style ground beef, white rice, with black beans and vegetables</p> <p><b>Vegetarian:</b> Black bean and vegetables with white rice</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of split pea</p> <p><b>PM Snack:</b> Organic string cheese with fresh cut fruit salad</p>	<p style="text-align: center;"><b>26</b></p> <p><b>AM Snack:</b> Organic homemade cornbread</p> <p><b>Lunch:</b> Roasted turkey with gravy, potato puree, and corn casserole</p> <p><b>Vegetarian:</b> Roasted squash, potato puree, and corn casserole</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of pumpkin</p> <p><b>PM Snack:</b> Organic vanilla yogurt with banana</p>	<p style="text-align: center;"><b>27</b></p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Teacher Planning Day</p>	<p style="text-align: center;"><b>28</b></p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Thanksgiving Break</p>	<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Thanksgiving Break</p>

\*Menus are subject to change from week to week based on food shortages and high demand