



**November 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
31 Pumpkin Soup (All opts avail) Turkey & Cheese Sandwich Seaweed Chips	1 Cheese Tortellini w/ Red Sauce (all opts avail) Seasonal Berries Caesar Salad	2 Chicken & Rice (all opts avail) Sweet Butter Peas Fresh Pears	3 Lentil Meatloaf Mashed Potatoes Fresh Plums Green Salad	4 Pulled Pork Rolls (all opts avail) Sweet Potato Fries Fresh Fruit Salad
7 Spaghetti Bolognese (all opts avail) Garlic Bread Sauteéd Fresh Watermelon	8 Oven Roasted Pork Tenderloin (all opts avail) Sweet Potatoes Fresh Pears	9 Grilled Cheese (all opts avail) Tomato soup Apple Slices Green Salad	10 Scrambled Eggs (all opts avail) Turkey sausage Whole Grain Toast Fresh Grapes Mixed Greens Salad	11 NO SCHOOL Veteran's Day
14 Beef Hot Dogs Veggie Dog Baked Beans Broccoli Salad Pears	15 Chicken Tacos de Tinga Veggie Taco Apples Green Salad	16 Mac n Cheese (GF option) Carrots Oranges	17 Vegetarian Enchilada Casserole (GF) Grapes Green Salad	18 Turkey Sandwich (GF/V option) Apple Chips Pumpkin Cookie
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 Pulled Pork BBQ veggie protein Baked Sweet Potato Fresh Bananas Mixed Greens Salad	29 Roasted Chicken (V option) Roast Potato Oranges Mixed Greens Salad	30 Beef Chili Vegetarian Chili Sweet Corn Muffins Watermelon Mixed Greens Salad		