



11/18

Hot Entrée

Garlic Parmesan
Chicken Tortellini

Garlic Parmesan
Tofu

Lemon Pepper
Broccoli

Salad

Caprese
Salad

11/19

Hot Entrée

Brisket Quesadilla

Cheese Quesadilla

Coleslaw

Black Beans

Salsa

Sour Cream

Salad

Chipotle Chopped
Salad

11/20

Hot Entrée

Beef Lasagna

Veggie Lasagna

Roasted Veggies

Garlic Bread

Fresh Fruit

Salad

Caesar Salad

11/21

Hot Entrée

Grilled Cheese

Tomato Soup

Tater Tots

House Pickels

Carrots

Salad

Spinach Salad

11/22

Hot Entrée

Roasted Breast
Of Turkey

Portobella
Mushroom

Oven Roasted
Sweet Potato's
and Apples

Stuffing

Fresh Cranberry
Sauce

Salad

Kale Salad

If you have questions or special dietary needs please contact Amber Rybarczyk at

Amber.Rybarczyk@Compass-usa.com



11/25

11/26

11/27

11/28

11/29

Hot Entrée

Hot Entrée

Hot Entrée

Hot Entrée

Hot Entrée

Thanksgiving Break-No Classes

If you have questions or special dietary needs please contact Amber Rybarczyk at
Amber.Rybarczyk@Compass-usa.com



12/02

Hot Entrée

Breakfast Egg Bites
With Cheese

Breakfast Egg Bites

Hashbrowns

Fruit Salad

Oatmeal

Salad

Yogurt Parfait

12/03

Hot Entrée

Meatloaf

Jackfruit Loaf

Mashed Potato's

Garlic Green Beans

Quinoa

Salad

Garden Salad

12/04

Hot Entrée

Korean Beef Noodles

Tofu Noodles

Cucumber Salad

Spaghetti Squash

Korean Spinach

Salad

Quinoa Salad

12/05

Hot Entrée

Chicken Tenders

Plant Based
Tenders

Ranch Chips

Carrots & Ranch

Salad

Wedge Salad

12/06

Hot Entrée

Chicken Mole

Tofu Mole

Spanish Rice

Wheat Tortilla's

Refried Beans

Salad

Pineapple Salad

If you have questions or special dietary needs please contact Amber Rybarczyk at
Amber.Rybarczyk@Compass-usa.com