NOVEMBER LUNCH MENU

WEEKLY SNACK MENU

MONDAY
- AM Snack - Nutri-Grain Bars
- PM Snack - Greek Honey Yogurt

TUESDAY
- AM Snack - Hawaiian Rolls w/ Sunbutter
- PM Snack - Veggie Straws

WEDNESDAY
- AM Snack - Bananas
- PM Snack - Low-Fat String Cheese

THURSDAY
- AM Snack - Fresh Fruit/Sliced Cucumbers
- PM Snack - Whole Grain Sun Chips

FRIDAY
- AM Snack - Yogurt
- PM Snack - Red Quinoa Chips & Hummus

Daily snack at 5:00pm
2% milk served daily with lunch

MRA ensures that every child receives nutritious snacks throughout the day. **Students with allergies** will be provided with a **substitute snack** that is based on availability.

We reserve the right to make substitutions based on availability.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 **Meatless Monday** Whole Grain Grilled Cheese Sandwich made with artisan cheese, paired with crispy tater tots, mixed veggies, and fresh seasonal fruit.	3 **Taco Tuesday** Grilled Chicken Tacos loaded with zucchini, bell peppers, onions, & Spanish Rice, paired with fresh seasonal fruit. *V. Fajita Veggie Tacos*	4 Whole grain Spaghetti with Meat Sauce served with tender green beans and fresh seasonal fruit. V. Veggie Meatballs	5 Oven-Baked Chicken Nuggets Served with Mashed Potatoes, steamed broccoli and fresh seasonal fruit. Optional side of sauce. *V. Veggie Nuggets*	6 Freshly Made Oven-Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	7
8	9 **Meatless Monday** Chickpea Pilaf: Slow-simmered chickpeas, rice and tender potatoes, served with seasonal vegetables and fresh seasonal fruit.	10 **Taco Tuesday** Grass-Fed Beef Tacos loaded with zucchini, bell peppers, onions, & Black Beans, paired with fresh seasonal fruit. *V. Fajita Veggie Tacos*	11 Teriyaki Chicken Fried Rice Served with tender carrots, and fresh seasonal fruit. V. Teriyaki Veggie Fried Rice	12 All-Beef Sloppy Joes on a whole grain bun, served with a medley of mixed veggies and fresh seasonal fruit. *V. Veggie Meatball Subs*	13 Freshly Made Oven-Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	14
15	16 **Meatless Monday** Whole Grain Grilled Cheese Sandwich made with artisan cheese, paired with crispy tater tots, mixed veggies, and fresh seasonal fruit.	17 **Taco Tuesday** Grilled Chicken Tacos loaded with zucchini, bell peppers, onions, & Spanish Rice, paired with fresh seasonal fruit. *V. Fajita Veggie Tacos*	18 Whole grain Spaghetti with Meat Sauce served with tender green beans and fresh seasonal fruit. V. Veggie Meatballs	19 Oven-Baked Chicken Nuggets Served with Mashed Potatoes, steamed broccoli and fresh seasonal fruit. Optional side of sauce. *V. Veggie Nuggets*	20 Freshly Made Oven-Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	21
22	23 **Meatless Monday** Broccoli, Cheese, and Rice Casserole with mixed veggies, and fresh seasonal fruit.	24 **Taco Tuesday** Grass-Fed Beef Tacos loaded with zucchini, bell peppers, onions, & Black Beans, paired with fresh seasonal fruit. *V. Fajita Veggie Tacos*	25 Freshly Made Oven-Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit. **School Closes at 3:00PM**	26 *Closed* **School Closed** **School Closed for Thanksgiving**	27 *Closed* **School Closed** **School Closed for Thanksgiving Break**	28
29	30 **Meatless Monday Pasta** with Red Sauce w/ Mixed Veggies Seasonal Fresh Fruit	1 **Taco Tuesday** Grilled Chicken Tacos loaded with zucchini, bell peppers, onions, & Spanish Rice, paired with fresh seasonal fruit. *V. Fajita Veggie Tacos*	2 All-Beef Sloppy Joes on a whole grain bun, served with a medley of mixed veggies and fresh seasonal fruit. *V. Veggie Meatball Subs*	3 Oven-Baked Chicken Nuggets Served with Mashed Potatoes, steamed broccoli and fresh seasonal fruit. Optional side of sauce. *V. Veggie Nuggets*	4 Freshly Made Oven-Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	5

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