

~ November 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pizza Vegetable Fruit Salad Bar Yogurt & Cottage Cheese Milk	2
3	4 Pancakes Fruit Vegetable Yogurt & Cottage Cheese Salad Bar Milk	5 Chicken Nuggets French Fries Vegetable Fruit Salad Bar Juice	6 Soft tacos w/ rice & beans Lettuce & tomatoes Corn Fruit Salad bar Yogurt & cottage cheese Milk	7 Fish Filets Israeli couscous Vegetable Fruit Salad Bar Yogurt & Cottage Cheese Milk	8 Grilled Cheese Tomato Soup Vegetable Fruit Salad Bar Yogurt & Cottage Cheese Milk	9
10	11 Macaroni & Cheese Green beans Fruit Salad Bar Yogurt & Cottage Cheese Milk	12 Bagels w/ cream cheese Blintzes Cucumbers and Tomatoes Fruit Salad Bar Yogurt & Cottage Cheese Milk	13 Hot Dogs Baked beans French fries Peas Fruit Salad Bar Juice	14 Scrambled Eggs Hash browns Fruit Vegetable Salad Bar Yogurt & Cottage Cheese Milk	15 Pizza bagels Carrots and Celery Fruit Salad Bar Yogurt & Cottage Cheese Milk	16
17	18 Fefafel on a pita Israeli Couscous Israeli salad Fruit Salad Bar Yogurt & Cottage Cheese Milk	19 Sloppy Joes Tater Tots Green Beans Fruit Salad Bar Juice	20 Early Dismissal	21 Chicken Stir Fry Rice Mixed vegetables Fruit Salad Bar Juice	22 Pizza Carrots and Celery Fruit Salad Bar Yogurt & Cottage Cheese Milk	23
24	25 Pierogies w/ red sauce Peas Fruit Salad Bar Yogurt & Cottage Cheese Milk	26 Turkey deli sandwiches Sweet potato fries Vegetable Fruit Salad Bar Juice	27 Early Dismissal	28 No School	29 No School	30