

November 2018 Lunch Menu
Harvest Of The Month * KOHLRABI *

Menu subject to change. Please notify kitchen staff of any food allergies before ordering.
 got questions? contact... jdevivo@mvyyps.org
 This USDA is an equal opportunity provider.

<p>AVAILABLE EVERY DAY.... Salad Bar or Egg, Chicken or Tuna Salad Sandwich, Veggie Sticks, Fresh Fruit & Milk</p>	<p align="center">get lunch</p>	<p align="center">get lunch</p>	<p>1 BBQ Chicken or Veggie Burger, Steamed Corn, Oven Roasted Potato Wedges, Fresh Fruit & Milk</p>	<p>2 Homemade Fish or Veggie Chowder, Cheddar Herb Biscuit, Veggie Sticks, Fresh Fruit & Milk</p>
<p>5 Pasta w/ Ground Turkey Ragu, Caesar Salad, Fresh Fruit & Milk (V option available)</p>	<p>6 Cheese & Black Bean Burrito, Mexican Slaw, Fresh Fruit & Milk</p>	<p>7 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk</p>	<p>8 Beef or Veggie Kofta Kebab w/ Flatbread, Greek Salad, Fresh Fruit Smoothie & Milk</p>	<p>9 Fishcakes w/ Sauteed Spinach & Kale, Mashed Sweet Potatoes, Fresh Fruit & Milk</p>
<p>12 NO SCHOOL</p>	<p>13 Beef or Veggie Tacos, Shredded Lettuce, Diced Tomatoes & Fresh Fruit & Milk</p>	<p>14 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk</p>	<p>15 Grilled Cheese & Tomato Soup Veggie Sticks, Fresh Fruit & Milk</p>	<p>16 Baked Cajun Spiced Fish, Rice & Beans, Steamed Green Beans, Fresh Fruit & Milk</p>
<p>19 Mac-n-Cheese, Steamed Green Peas, Fresh Fruit & Milk</p>	<p>20 Chicken Chili, Homemade Corn Bread, Veggie Sticks, Fresh Fruit & Milk</p>	<p>21 NO SCHOOL</p>	<p>22 NO SCHOOL</p>	<p>23 NO SCHOOL</p>
<p>26 Pasta w/Meatballs, Marinara Sauce, Caesar Salad, Fresh Fruit & Milk</p>	<p>27 Shredded Pork or Veggie Tacos, Mexican Slaw, Fresh Fruit & Milk</p>	<p>28 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk</p>	<p>29 FALL HARVEST COMMUNITY LUNCH 12 - 1PM</p>	<p>30 Fish & Chips or Veggie Burger, Steamed Corn, Fresh Fruit & Milk</p>

BREAKFAST

AVAILABLE EVERYDAY 8am - 8:20am

Oatmeal OR Assorted Cereals OR Whole Grain Muffin
w/ choice of Cheese Stick, Yogurt, Fresh Fruit & Milk (GF option available)

When students start the day with a nutritious breakfast, they start the day ready to learn!