

November 2019 Lunch Menu
Harvest Of The Month * Root Vegetables *

Menu subject to change. Please notify kitchen staff of any food allergies before ordering.

got questions? contact... jdevivo@mvvps.org

This USDA is an equal opportunity provider.

<p>AVAILABLE EVERY DAY.... Salad Bar or Chicken Salad, Tuna Salad or Sunbutter & Sandwich, Veggie Sticks, Fresh Fruit & Milk</p>	<p align="center">get lunch</p>	<p align="center">get lunch</p>	<p align="center">get lunch</p>	<p>1 Baked Fish w/ Sundried Tomato Basil Butter, Steamed Carrots, Garlic Lemon Egg Noodles, fresh Fruit & Milk</p>
<p>4 Mac-n-Cheese, Steamed Green Peas, Fresh Fruit & Milk</p>	<p>5 Beef or Veggie Chili, Homemade Corn Bread, Veggie Sticks, Fresh Fruit & Milk</p>	<p>6 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk</p>	<p>7 Tomato, Basil & Mozzarella Panini, Veggie Sticks, Fresh Fruit & Milk</p>	<p>8 Baked Cajun Spiced Fish, Rice & Beans, Steamed Green Beans, Fresh Fruit & Milk</p>
<p>11 NO SCHOOL</p>	<p>12 Beef or Veggie Enchilada, Mexican Slaw, Fresh Fruit & Milk</p>	<p>13 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk</p>	<p>14 Tandoori Chicken, Veggie Curry, Pilau Rice, Fruit Smoothie & Milk</p>	<p>15 Fish Chowder, Herb Cheddar Biscuit, Veggie Sticks, Fresh Fruit & Milk</p>
<p>18 Pasta w/ Nut Free Pesto Sauce, Caesar Salad, Fresh Fruit & Milk</p>	<p>19 Cheese Quesadilla, Mexican Spiced Veggies, Fresh Fruit & Milk</p>	<p>20 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk</p>	<p>21 Chicken Pot Pie, Steamed Broccoli, Mashed Potatoes, Fresh Fruit & Milk</p>	<p>22 Fishcakes, Sauteed Kale & Spinach, Oven Fries, Fresh Fruit & Milk</p>
<p>25 Pasta w/Meatballs, Marinara Sauce, Caesar Salad, Fresh Fruit & Milk</p>	<p>26 Fish or Veggie Tacos, Mexican Slaw, Fresh Fruit & Milk</p>	<p align="center">NO SCHOOL</p>	<p align="center">NO SCHOOL</p>	<p align="center">NO SCHOOL</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!