

November 2018



Message from Chef Julie

Monday	Tuesday	Wednesday	Thursday	Friday
			Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 1	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 2
			Lunch: <i>Turkey Sloppy Joes, Local Corn on the Cob, Roasted Sweet Potatoes (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Italian Sausage Stew, Green Beans, Housemade Focaccia (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)
Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 5	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 6	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 7	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 8	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 9
Lunch: <i>Mac & Cheese, Roasted Carrots, Local Apples (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Hamburger, Cheeseburger, or Veggie Burger, Fries, Pickle, and Slaw (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Taco Day!! (E, V*)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Teriyaki Chicken, Cucumber Salad, Jasmine Rice (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Breakfast for Lunch! French Toast with Bacon, Local Maple and Fruit Smoothies (E, V)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)
NO SCHOOL Veteran's Day Weekend 12	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 13	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 14	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 15	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 16
	Lunch: <i>Chicken Fingers w/Mashed Potatoes & Roasted Carrots (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Pasta Day!! (E, V*) w/Caesar Salad</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Fried Rice and Broccoli (E, V)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Pizza with Caesar Salad and Cucumber Sticks (E, V)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)
Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 19	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 20	NO SCHOOL Thanksgiving Break 21	NO SCHOOL Thanksgiving Break 22	NO SCHOOL Thanksgiving Break 23
Lunch: <i>Stuffed Baked Potato with Turkey Chili, Broccoli and Cheddar (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Cheese Ravioli with Pesto, Garlic Bread and Green Beans (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)			
Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 26	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 27	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 28	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 29	NO SCHOOL Parent Conferences 30
Lunch: <i>First Light Farms Cheese Quesadilla, Spanish Rice, Green Salad (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Southwest Chicken Salad, Black Beans, Corn, Ranch Dressing, and Cornbread (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Bi Bim Bap Mix It Up Jasmine Rice Bowl Bar!! (E, V*)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Turkey Sloppy Joes, Local Corn on the Cob, Roasted Sweet Potatoes (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	

Thanksgiving Trivia!
Did you know that cranberries are bounced to see if they are ripe? They should bounce about 4 inches high.

Follow Chef Julie on
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E=Main Entrée (incl. milk or water)
V=Vegetarian Option
V*=Vegan Option

All menu items available a la carte.
Available Daily: Fruit, milk/filtered water, chips, cookies, ice cream (gr. 5-12)
Tues.: Cookies (1-4 gr.)
Tues. & Thurs.: French Fries (HS only)
Thurs.: French Fries (gr. 5-8)
Fri.: Ice cream (1-4 gr.)