November 2019 Hot Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cheese Perogies with sour cream Caesar Salad	2
3	4 Whole Wheat Pasta and Beef Bolognaise sauce Vanilla Yogurt and Granola	5 Beef Burger Cracked Wheat bun Leaf Lettuce Red Delicious Apple	6 Chicken Nuggets Caesar Salad	7 Pepperoni and Cheese WW Calzone Golden Delicious Apple	8 Chicken Pot Pie Carrot sticks	9
10	11 	12 Chicken Burger Cracked Wheat Bun Red Delicious Apple	13 Sweet & Sour Meatballs Brown rice and Vegetables Banana	14 Bean and Cheese Quesadilla with Salsa Fresh Cut Fruit Salad	15 Sloppy Joe w/ shred cheese On Cracked Wheat Bun Golden Delicious Apple	16
17	18 Beef Dip Caesar Salad	19 Hot Dog Day! Cracked Wheat bun Red Delicious Apple	20 Chicken fricassee Brown Rice Banana	21 Chicken Stir Fry w/ Honey garlic sauce Chow Mein noodles Vanilla Yogurt and Granola	22 PRO D DAY	23
24	25 Macaroni and Cheese Grapes	26 Vegetarian Chili and Cornbread Red Delicious Apple	27 Meatball Sub Cracked Wheat Bun Banana	28 Southwest Chicken WW Burrito w/ Salsa Vanilla Yogurt and Granola	29 Cheese Perogies with sour cream Caesar Salad	30