



November 2017

K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	Meatball Empanada Broccoli Fruit <div style="text-align: right;">1</div>	General Tso's Chicken Brown Rice Carrots Fruit Wheat Roll <div style="text-align: right;">2</div>	Crispy Chicken Whole Grain Waffle Sweet Potato Fries Fruit Syrup <div style="text-align: right;">3</div>
Hamburger Whole Wheat Hamburger Bun Home Fries Fruit Ketchup <div style="text-align: right;">6</div>	Whole Grain Cheese Pizza Broccoli Fruit <div style="text-align: right;">7</div>	BBQ Chicken Sandwich Whole Wheat Hamburger Bun Baked Beans Fruit <div style="text-align: right;">8</div>	Baked Tomato Chili Chicken Brown Rice Pilaf Carrots Fruit Wheat Roll <div style="text-align: right;">9</div>	Veterans Day! <div style="text-align: right;">10</div>
Chicken & Broccoli Alfredo Whole Grain Penne Broccoli Fruit <div style="text-align: right;">13</div>	Hot Dog Whole Wheat Hot Dog Bun Fruit Baked Beans Ketchup & Mustard <div style="text-align: right;">14</div>	Macaroni & Cheese Green Peas Wheat Roll Fruit <div style="text-align: right;">15</div>	Chicken Nachos with Cheddar Cheese Baked Tortilla Chips Carrots Fruit <div style="text-align: right;">16</div>	Harvest Meal Turkey & Gravy Mashed Potatoes Green Beans Wheat Roll Fruit <div style="text-align: right;">17</div>
Beef Tacos w/Cheese Whole Grain Soft Tortillas Corn Fruit <div style="text-align: right;">20</div>	Turkey Meatballs w/Marinara Whole Grain Pasta Carrots Whole Wheat Roll Fruit <div style="text-align: right;">21</div>	Breaded Chicken Sandwich Whole Wheat Hamburger Bun California Blend Vegetables Fruit Ketchup <div style="text-align: right;">22</div>	Thanksgiving Holiday! <div style="text-align: right;">23</div>	Holiday! <div style="text-align: right;">24</div>
Chicken & Cheese Empanada Broccoli Fruit <div style="text-align: right;">27</div>	Whole Grain Chicken Nuggets Baked Beans Fruit BBQ Dipping Sauce <div style="text-align: right;">28</div>	French Toast w/veg sausage Home Fries Fruit Syrup <div style="text-align: right;">29</div>	Chicken Parmesan w/Marinara Sauce Whole Grain Pasta Green Beans Fruit <div style="text-align: right;">30</div>	

City Fresh Foods, Inc may use Milk, Eggs, Fish, Shellfish, Soy, Treenuts & Wheat in its meal development & production. City Fresh Foods is a Peanut-free facility. Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.