



November 2017

K-8 Lunch 4 Week

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

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.