



# November 2017

## Vegetarian K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b>	<b>31</b>	Black Bean, Corn, & Cheese Empanada  Broccoli Fruit  <b style="text-align: right;">1</b>	Vegetarian Curry  Brown Rice Carrots Whole Wheat Roll Fruit  <b style="text-align: right;">2</b>	Corn Fritters  Whole Grain Waffle Sweet Potato Fries Fruit Syrup  <b style="text-align: right;">3</b>
Veggie Burger  Whole Wheat Hamburger Bun  Fruit Home Fries Ketchup  <b style="text-align: right;">6</b>	Whole Grain Cheese Pizza  Broccoli Fruit  <b style="text-align: right;">7</b>	Veggie Pie  Mixed Vegetables w/ Broccoli Fruit Whole Wheat Roll  <b style="text-align: right;">8</b>	Stuffed Shells  w/Marinara Sauce Carrots Fruit Whole Wheat Roll  <b style="text-align: right;">9</b>	Veterans Day!         <b style="text-align: right;">10</b>
Falafel  Hummus Pita Bread Broccoli Fruit  <b style="text-align: right;">13</b>	Vegetarian Curry  Brown Rice Stir Fry Vegetables Fruit Wheat Roll  <b style="text-align: right;">14</b>	Macaroni & Cheese  Green Peas Wheat Roll Fruit  <b style="text-align: right;">15</b>	Veggie Fritter w/ Tomato Dipping Sauce  Brown Rice Pilaf Carrots  Fruit  <b style="text-align: right;">16</b>	Harvest Meal  Savory Fried Tofu Mashed Potatoes Green Beans Wheat Roll Fruit  <b style="text-align: right;">17</b>
Veggie Pie  Corn Whole Wheat Roll  Fruit  <b style="text-align: right;">20</b>	Veggie Carbonara  Whole Grain Pasta Broccoli Whole Wheat Roll Fruit  <b style="text-align: right;">21</b>	Teriyaki Glazed Tofu  Brown Rice California Blend Vegetables Whole Wheat Roll Fruit  <b style="text-align: right;">22</b>	Thanksgiving Holiday!         <b style="text-align: right;">23</b>	Holiday!         <b style="text-align: right;">24</b>
Egg & Cheese Sandwich  On/Whole Grain English Muffin Black Beans Fruit Ketchup  <b style="text-align: right;">27</b>	Veggie Fritter w/ Tomato Dipping Sauce  Whole Grain Soft Tortillas Mixed Vegetables Fruit  <b style="text-align: right;">28</b>	French Toast w/veg sausage  Home Fries Fruit Syrup  <b style="text-align: right;">29</b>	Falafel  Hummus Pita Bread Green Beans Fruit  <b style="text-align: right;">30</b>	

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.