



November 2017

Vegetarian K-8 Lunch 4 Week

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