

# NOVEMBER

## HOT LUNCH MENU - GRADES 1 TO 12

MON	TUE	WED	THU	FRI
FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	<b>1</b> FALL BREAK
<b>4</b> Cheese Cubes BBQ Chicken 7 Grain Blend Corn Orange Slices Fruit Salad Milk/Water	<b>5</b> Caesar Salad Parmesan Cod Oven Fries Carrots Jello Fruit Salad Milk/Water	<b>6</b> Tomato Slices Mac & Cheese Green Beans Banana Squares Fruit Salad Milk/Water	<b>7</b> Carrots & Dip Chicken Quesadilla Spanish Rice Broccoli Whole Fruit Fruit Salad Milk/Water	<b>8</b> Cucumber Slices Meatballs Egg Noodles Mixed Veggies Apples Fruit Salad Milk/Water
<b>11</b> REMEMBRANCE DAY	<b>12</b> Pickled Veg Teriyaki Chicken Steamed Rice Broccoli Applesauce Fruit Salad Milk/Water	<b>13</b> Cheese Cubes Sole Goujons Rice Pilaf Carrots Whole Fruit Fruit Salad Milk/Water	<b>14</b> Crudit� & Dip Meatloaf & Gravy Mashed Potatoes Corn Whole Fruit Fruit Salad Milk/Water	<b>15</b> Caesar Salad Pasta Alfredo Baguette Mixed Veggies Fruit Salad Milk/Water
<b>18</b> Tomato Slices Meatballs Steamed Noodles Mixed Beans Orange Slices Fruit Salad Milk/Water	<b>19</b> Mixed Greens Fish & Oven Fries Carrots Pumpkin Cookie Fruit Salad Milk/Water	<b>20</b> Salsa & Chips Beef Taco Spanish Rice Corn Brownies Fruit Salad Milk/Water	<b>21</b> Caesar Salad Pasta Bolognaise Baguette Haricots Verts Whole Fruit Fruit Salad Milk/Water	<b>22</b> Garden Salad Scrambled Egg Potatoes Mixed Veggies Apples Fruit Salad Milk/Water
<b>25</b> Pickled Veg Tuna Casserole Yellow Beans Orange Slices Fruit Salad Milk/Water	<b>26</b> Caesar Salad Pizza Rice Pilaf Broccoli Apples Fruit Salad Milk/Water	<b>27</b> Crudit� & Dip Shepherd's Pie Mixed Beans Mandarins Fruit Salad Milk/Water	<b>28</b> Cheese Cubes Fish Cakes Rice Pilaf Carrots Whole Fruit Fruit Salad Milk/Water	<b>29</b> Cucumber Slices BBQ Chicken 7 Grain Blend Corn Orange Slices Fruit Salad Milk/Water