

November Lunch

NO FRIED FOODS!!

Monday, November 4, 2024	Tuesday, November 5, 2024	Wednesday, November 6, 2024	Thursday, November 7, 2024	Friday, November 8, 2024
<p>Mega Mac & Cheese - <u>V, EF</u> Pasta Peas and Carrots Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u></p>	<p>Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u></p>	<p>BBQ Chicken Quinoa - <u>DF, EF</u> Dinner Roll Cauliflower Cantaloupe <u>V, Vegan: BBQ Tofu</u> <u>GF: Whole Grain Brown Rice</u></p>	<p>Turkey Meatloaf - <u>EF, GF</u> Wheat Bread Green Beans Watermelon <u>V, Vegan, DF - Veggie Patty</u> <u>GF: Gluten Free Bread</u></p>	<p>Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u></p>
Monday, November 11, 2024	Tuesday, November 12, 2024	Wednesday, November 13, 2024	Thursday, November 14, 2024	Friday, November 15, 2024
<p>Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Sliced Carrots Honeydew <u>V: Cheesy Italian Pasta</u> <u>Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u></p>	<p>Chicken Chickpea Gyros - <u>EF</u> Pita Bread Broccoli Bananas <u>V, Vegan, DF: Chickpea and Veggie Gyros</u> <u>GF: Whole Grain Brown Rice</u></p>	<p>Turkey Paella - <u>DF, EF, GF</u> Turmeric Rice Peas and Carrots Cantaloupe <u>V, Vegan: Tofu Paella</u></p>	<p>Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Cauliflower Pineapple <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u></p>	<p>Italian Meatball Sub Mini Hoagie Green Beans Fruit Salad <u>V, Vegan, DF, EF, GF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u></p>
Monday, November 18, 2024	Tuesday, November 19, 2024	Wednesday, November 20, 2024	Thursday, November 21, 2024	Friday, November 22, 2024
<p>Pasta Alfredo - <u>V, EF</u> Pasta Peas and Carrots Cantaloupe <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u></p>	<p>Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>DF: DF Chicken Broccoli Casserole</u> <u>V, Vegan: Tofu Broccoli Casserole</u></p>	<p>Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Sliced Carrots Honeydew <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: White Rice</u></p>	<p>Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Green Beans Watermelon <u>DF: DF Chicken Philly</u> <u>V, Vegan: White Bean Philly</u> <u>GF: White Rice</u></p>	<p>Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u></p>
Monday, November 25, 2024	Tuesday, November 26, 2024	Wednesday, November 27, 2024	Thursday, November 28, 2024	Friday, November 29, 2024
<p>Teriyaki Meatballs Vegetable Rice Honeydew <u>V, Vegan: Tofu Teriyaki</u> <u>DF, EF, GF: Chicken Teriyaki</u></p>	<p>Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u></p>	<p>Slow Roasted Turkey - <u>DF, EF</u> Mashed Potatoes (<i>contain Dairy</i>) Glazed Baby Carrots Cranberry Sauce <u>V, Vegan, GF: Vegan Sheppard's Pie</u> <u>Vegan, DF: Roasted Sweet Potatoes</u></p>	<p>Happy Thanksgiving!</p>	<p>BBQ Chicken Salad - <u>DF, EF</u> Wheat Bread Cucumbers Cantaloupe <u>V, Vegan: Sunbutter and Jelly</u> <u>GF: Entrée w/ GF Bread</u></p>