



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>11/01/2018</p> <p>Pizza inc. Marinara Sauce Cheese (MA) Corn Apple Juice Choice of Milk</p>	<p>11/02/2018</p> <p>WW Chicken Tender Wrap Homemade Potato Soup Fresh Pears Choice of Milk</p>
<p>11/05/2018</p> <p>Beef Hot Dog with WG Bun Hummus &amp; Carrots Fresh Green Apples Choice of Milk</p>	<p>11/06/2018</p> <p>WW Chicken Fajitas (Onions &amp; R Peppers) Sour Cream (ss) Fresh Pears Choice of Milk</p>	<p>11/07/2018</p> <p>Mac &amp; Cheese Cheese (MA) Broccoli Fresh Red Apples Choice of Milk</p>	<p>11/08/2018</p> <p>Latin Rice and Beans Ground Turkey (MA) Baked Plantains Fresh Oranges Choice of Milk</p>	<p>11/09/2018</p> <p>Marrakech Chicken Pita inc. Tomato and Gr Peppers Mango Smoothie Choice of Milk</p>
<p>11/12/2018</p> <p>NO SCHOOL TODAY</p>	<p>11/13/2018</p> <p>Pizza inc. Marinara Sauce Cheese (MA) Corn Apple Juice Choice of Milk</p>	<p>11/14/2018</p> <p>Spaghetti &amp; Meatballs Cheese (MA) (Carrots &amp; Tomato) Fresh Green Apples Choice of Milk</p>	<p>11/15/2018</p> <p>Beef Hot Dog with WG Bun Hummus &amp; Carrots Fresh Red Apples Choice of Milk</p>	<p>11/16/2018</p> <p>WW Chicken Tender Wrap Pumpkin Soup Fresh Pears Choice of Milk</p>
<p>11/19/2018</p> <p>Jerk Chicken &amp; Brown Rice Baked Plantains Fresh Red Apples Choice of Milk</p>	<p>11/20/2018</p> <p>Pizza inc. Marinara Sauce Cheese (MA) Broccoli Fresh Pears Choice of Milk</p>	<p>11/21/2018</p> <p>NO SCHOOL TODAY</p>	<p>11/22/2018</p> <p>NO SCHOOL TODAY</p>	<p>11/23/2018</p> <p>NO SCHOOL TODAY</p>
<p>11/26/2018</p> <p>Beef Hot Dog with WG Bun Hummus &amp; Carrots Fresh Green Apples Choice of Milk</p>	<p>11/27/2018</p> <p>Turkey Lasagna Cheese (MA) Fresh Pears Choice of Milk</p>	<p>11/28/2018</p> <p>Shepherd's Pie (carrots &amp; peas) Brown Rice Apple Juice Choice of Milk</p>	<p>11/29/2018</p> <p>Pizza inc. Marinara Sauce Cheese (MA) Broccoli Fresh Green Apples Choice of Milk</p>	<p>11/30/2018</p> <p>Turkey Sub Roasted Potatoes Apple Juice Choice of Milk</p>

**MILK: Choice of unflavored 1% or flavored fat free milk. ONE CUP FRESH FRUIT available daily. DAIRY- FREE (DF), GLUTEN FREE (GF), VEGAN (VG) AND VEGETARIAN (V) options available daily upon request. ONE CUP OF LOCALLY GROWN VEGETABLES AND FRUIT DAILY. LOCAL PRODUCE FOR EACH MONTH ARE: (SEPT) watermelon, tomatoes, blackberries, raspberries, beets, zucchini, cantaloupe, red peppers, summer squash, apricots, peaches, cucumbers, green beans, cabbage, nectarines, spinach, eggplant, pears, apples, sweet potatoes, potatoes, grapes and carrots (OCT) Beets, butternut squash, peppers, squash, pumpkin, green beans, carrots, broccoli, eggplant, sweet potatoes, potatoes, cabbage, pears, apples, cauliflower, and kale. (NOV) Beets, butternut squash, carrots, broccoli, sweet potatoes, cabbage, pears, apples, cauliflower, potatoes, and kale.**

**WG = Whole Grain WW = Whole Wheat**