

## November 2018 K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Scampi Whole Grain Pasta Broccoli & Cauliflower Fruit	WG Turkey-Pepperoni Pizza Carrots Fruit
29	30	31	1	2
Whole Grain Chicken Nuggets	Whole Grain Cheese Quesadilla	WG Mini Corn Dogs	Chicken Nachos with Cheddar Cheese	Whole Grain Cheese Pizza
Carrots Fruit	Broccoli & Cauliflower Fruit	Baked Beans Fruit	WG Baked Tortilla Chips Corn	Mixed Vegetables Fruit
BBQ Dipping Sauce	w/Sour Cream	Mustard	Fruit	
5	6	7	8	9
Veteran's Day!	Whole Grain Macaroni & Cheese	Whole Grain Three Cheese Calzone	Harvest Meal	WG Turkey-Pepperoni Pizza
	Green Peas	Broccoli	Roast Turkey w/ Gravy	Carrots
	Fruit	Fruit	Whole Grain Stuffing	Fruit
			Green Beans Fruit	
12	13	14	15	16
Popcorn Chicken	Steak & Cheese Bomb	Beef Tacos w/Cheese	Holiday!	Whole Grain Cheese Pizza
Whole Grain Brown Rice	Whole Grain Sub Roll	w/Shredded Cheddar		Green Beans
Broccoli	Carrots	Whole Grain Soft Tortilla		Fruit
Fruit	Fruit	Black Beans & Corn		
Sweet & Sour Dipping Sauce 19	20	Fruit <b>21</b>	22	23
Whole Grain Meat Calzone (Turkey & Beef)	BBQ Chicken Sub	Teriyaki Chicken Drumsticks	Turkey Bolognese	WG Turkey-Pepperoni Pizza
Broccoli & Cauliflower	Whole Grain Sub Roll	Whole Grain Brown Rice	Whole Grain Pasta	Carrots
Fruit	Baked Beans	Mixed Vegetables	Green Peas	Fruit
	Fruit	Fruit	Fruit	
26	27	28	29	30

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125

Menu subject to change

Phone 617-606-7123 | Fax 617-606-7126

This institution is an equal opportunity provider.

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.