

# November 2013

## LUNCH MENU

				11/1 gf/df  Pozole (Pork and Hominy soup) Fresh fruit and Corn Chips  Milk
11/4*  Cheese pizza Fruit and Veggies  Milk	11/5  Quiche Lorraine Fresh fruit and veggies  Milk	11/6 GF  Chicken Mole Casserole Fresh Fruit and Corn Chips  Milk	11/7  Conferences	11/8  Conferences
11/11*  Cheese pizza Fruit and Veggies  Milk	11/12*  Carmel Apple Baked French Toast Fresh fruit and Veggies  Milk	11/13  Sweet Corn and Chicken Pie Fresh Fruit  Milk	11/14*  Pesto Pasta Fresh Fruit and Veggies  Milk	11/15  Chicken Noodle Soup Fresh fruit and bread  Milk
11/18*  Cheese pizza Fruit and Veggies  Milk	11/19*  Bagels and Cream Cheese Fresh Fruit Smoothies Veggies  Milk available	11/20*  Winter Squash and Chickpea Pie Fresh Fruit  Milk	11/21  Baked Spaghetti with Meat Sauce Fresh fruit and veggies  Milk	11/22  French Onion Soup Fresh Fruit, veggies and bread  Milk
11/25*  Cheese pizza Fruit and Veggies Milk (Harvest Feast Toddler)	11/26  Harvest Feast  (No School Lunch)	11/27 Thanks	11/28 giving	11/29 break

Local Farms and businesses: Maple Ridge Farms, Brown's Orchards, Nicholas Farms, Murray's, Moomer's, Gallagher's, Mi Grille/Baytown Kitchen, Cherry Capital Foods, and That'sa Pizza.

- \* = Vegetarian
- DF = Dairy free
- GF = Gluten free