



THE MEADOWBROOK SCHOOL

~ November 2018~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Toasted cheddar cheese on whole grain bread Homemade tomato soup Blueberry yogurt Fresh seasonal fruit	2 Turkey hoagies on whole wheat roll Broccoli Fresh seasonal fruit	3
4	5 Chicken cheese steak on whole wheat roll Raw peppers and carrots with Ranch Dressing Pineapple rings	6 No School Parent Conferences	7 Caesar salad Pasta with homemade beef meatballs and marinara sauce Garlic bread Fruit salad	8 Baked potato Homemade veggie soup Strawberry yogurt Bananas	9 Homemade beef sliders on whole wheat bun Raw veggie medley Curley fries Yogurt with fresh fruit	10
11	12 5 th Grade Surprise	13 Caesar salad Cheese ravioli Vanilla yogurt topped with nut-free granola and fresh fruit	14 BBQ chicken Glazed carrots Roasted potato wedges Fresh fruit	15 Hot dogs Raw veggie sampler Baked Beans Fresh fruit	16 All School Thanksgiving Feast! Roast turkey Mashed potatoes Cranberry Sauce Sautéed Corn Stuffing Apple Pie and Pumpkin Pie	17
18	19 Whole wheat wrap with turkey, lettuce, tomato Raw vegetable tray Veggie chips Mandarin oranges	20 Turkey tacos on whole wheat shells with all the fixings Sautéed corn Peach halves	21 No School	22 Happy Thanksgiving! Thanksgiving	23 Break	24
25	26 Chicken stir-fry with broccoli and sesame ginger sauce Brown rice Mandarin oranges	27 Build-your-own chicken burrito on whole wheat tortilla Mexicali corn Bananas	28 Roast beef with gravy Mashed potatoes Broccoli Fresh grapes	29 Scrambled egg, cheddar cheese and sausage on whole wheat wrap Broccoli Apple slices	30 Lia's Special Lunch Toasted cheddar cheese on whole grain bread Homemade tomato soup Tomatoes and carrots Grapes Ice cream sandwiches	