


Monday	Tuesday	Wednesday	Thursday	Friday
	Gluten-free pasta available for those with allergies.	Our menu features farm-to-table ingredients including organic choices as often as possible but dependent on seasonality & availability.	1 chick peas with red & green peppers, mushrooms over brown rice cabbage & carrot salad fresh fruit	2 spaghetti bolognese carrot-cucumber salad yogurt
5 fish sticks garlic mashed potatoes green salad fresh fruit	6 grilled chicken with brown rice cabbage & carrot salad fresh fruit	7 penne and broccoli tomato salad yogurt	8 meatballs with vegetable pilaf cauliflower salad fresh fruit	9 chicken with orzo and tomato sauce string bean salad fresh fruit
12 chicken nuggets vegetable brown rice cucumber salad fresh fruit	13 <i>Kokkinisto</i> beef stew with potatoes in tomato sauce cabbage salad fresh fruit	14 <i>Spanakorizo</i> Spinach and rice Carrot salad yogurt	15 cheese burgers with fried sweet potatoes green salad fresh fruit	16 penne alla Norma (eggplant sauce) cucumber salad fresh fruit
19 fish sticks garlic mashed potatoes green salad fresh fruit	20 fusilli pasta with mixed vegetables cabbage salad yogurt	21 <b>NO SCHOOL</b>  <b>Thanksgiving</b>	22 <b>NO SCHOOL</b>  <b>Vacation</b>	23 <b>NO SCHOOL</b>  
26 chicken nuggets vegetables brown rice cucumber salad yogurt	27 string bean stew (potatoes,carrots,tomato sauce) feta cheese fresh fruit	28 spaghetti bolognese cauliflower salad fresh fruit	29 roasted chicken with okra stew (onion,carrot,tomato sauce) cucumber salad fresh fruit	30 penne with chicken and broccoli green salad yogurt

## VEGETARIAN MENU

PK-8 Lunch Menu Nov. 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	Gluten-free pasta available for those with allergies.	Our menu features farm-to-table ingredients including organic choices as often as possible but dependent on seasonality & availability.	1 chick peas with red & green peppers, mushrooms over brown rice cabbage & carrot salad fresh fruit	2 spaghetti with vegetables and sauce carrot-cucumber salad yogurt
5 bulgur wheat with mixed vegetables cucumber salad fresh fruit	6 okra stew (onion, carrot, tomato sauce)	7 penne and broccoli tomato salad yogurt	8 vegetable pilaf cauliflower salad fresh fruit	9 string bean stew (potatoes, carrots, tomato sauce) cucumber salad fresh fruit
12 roasted cauliflower with brown rice cucumber salad yogurt	13 <i>Briam</i> (Greek-style baked vegetables) green salad fresh fruit	14 <i>Spanakorizo</i> spinach and rice carrot salad yogurt	15 vegetable burgers with fried sweet potatoes green salad fresh fruit	16 penne alla Norma (eggplant sauce) cucumber salad fresh fruit
19 <i>Gigantes</i> (giant butter beans) with tomato sauce, carrots, celery, onions green salad fresh fruit	20 fusilli pasta with vegetable sauce cabbage salad	21 <b>NO SCHOOL</b>  <b>Thanksgiving</b>	22 <b>NO SCHOOL</b>  <b>Vacation</b>	23 <b>NO SCHOOL</b>  😊
26 vegetable brown rice cucumber salad yogurt	27 string bean stew (potatoes, carrots, tomato sauce) cucumber salad fresh fruit	28 spaghetti with vegetables and sauce carrot-cucumber salad yogurt	29 okra stew (onion, carrot, tomato sauce) cucumber salad Fresh fruit	30 penne with chicken and broccoli green salad yogurt