




November Lunch 2022

	Monday 10/31	Tuesday 11/1	Wednesday 11/2	Thursday 11/3	Friday 11/4	
H = Hot Entree	Spooktacular Halloween H - Wormy weenie sammies (sausage peppers & onions on a roll), eyeball caprese (lettuce leaf, slice tomato, slice mozzarella, black olive eye) V - Wormy weenie sammies (veggie sausage peppers & onions on a roll), eyeball caprese (lettuce leaf, slice tomato, slice mozzarella, black olive eye)				1/2 Day Early Release	H = Hot Entree
HV - Vegetarian Entree		H - Bacon cheeseburger with tater tots	H - Chicken cacciatore with penne and garden salad	H - Chicken tenders with warm spiced sweet potatoes		HV - Vegetarian Entree
D = Deli sandwich		V - Loaded veggie burger with tater tots	V - Seitan cacciatore with penne and garden salad	V - Vegan chicken tenders with warm spiced sweet potatoes	D - Turkey and cheese on whole wheat with apples, carrots and milk	D = Deli sandwich
P = Parfait					SBJ - SBJ on whole wheat with apples, carrots, string cheese and milk	P = Parfait
L = Lunchbox SBJ = SBJ		L - Pizza stacker lunchbox SBJ - SBJ on WW	P - Strawberry Parfait SBJ - SBJ on WW	D - Garden salad with egg & cheese SBJ - SBJ on WW	P - Strawberry Parfait SBJ - SBJ on WW	L = Lunchbox SBJ = SBJ
	11/7	11/8	11/9	11/10	11/11	
	1/2 Day Early Release					H = Hot Entree
		H - Chicken curry, steamed brown rice, roasted sweet potatoes	H - Mac & cheese with sweet peas	H - Brunch for lunch! - French toast sticks, sausage links and hash brown patties		HV - Vegetarian Entree
	D - Turkey and cheese on whole wheat with apples, carrots and milk	V - Chickpea curry, steamed brown rice, roasted sweet potatoes	V - Mac & cheese with sweet peas	V - Brunch for lunch! - French toast sticks, VEGGIE sausages and hash brown patties		D = Deli sandwich
	SBJ - SBJ on whole wheat with apples, carrots, string cheese and milk	P - Tropical Pineapple parfait SBJ on WW	D - Italian cold cut sub SBJ - SBJ on WW	P - Tropical pineapple parfait SBJ - SBJ on WW		P = Parfait
						L = Lunchbox SBJ = SBJ
	Monday 11/14	Tuesday 11/15	Wednesday 11/16	Thursday 11/17	Friday 11/18	H = Hot Entree
	H - BBQ pulled pork with baked beans and corn bread	H - Meatloaf, mashed potatoes, sweet peas, brown gravy, biscuit	H - Spaghetti & meatballs, garlic roasted broccoli	H - HOLIDAY FEAST - Turkey, gravy, mashed potatoes, stuffing, butternut squash, dinner roll	H - Pepperoni pizza with veggie sticks and dip	HV - Vegetarian Entree
This month we are traveling to JAPAN!	V - BBQ jackfruit with baked beans and corn bread	V - Lentil loaf, mashed potatoes, sweet peas, brown gravy, biscuit	V - Spaghetti & "NEATBALLS", garlic roasted broccoli	H - HOLIDAY FEAST - Seitan cutlets, mushroom gravy, mashed potatoes, stuffing, butternut squash, dinner roll	V - Cheese pizza with veggie sticks and dip	D = Deli sandwich
						P = Parfait
	L - Cape Codder Lunchbox SBJ - SBJ on WW	P - Mango parfait SBJ - SBJ on WW	D - Chicken Caesar salad SBJ - SBJ on WW	P - Mango parfait SBJ - SBJ on WW	L - Cape codder lunchbox SBJ - SBJ on WW	L = Lunchbox SBJ = SBJ

Items in this color highlight the VT harvest of the month - SEPTEMBER celebrates Sweet Potatoes!

Monday	Tuesday	Wednesday	Thursday	Friday	
11/21	11/22	11/23	11/24	11/25	H = Hot Entree
					HV - Vegetarian Entree
					D = Deli sandwich
					P = Parfait
					L = Lunchbox
					SBJ = SBJ
Monday	Tuesday	Wednesday	Thursday	Friday	
11/28	11/29	11/30	12/1	12/2	
H - Grilled cheese, tomato soup and baby carrots	H - Chicken tenders with tater tots	H - Lazy lasagna with Italian style green beans and garlic parm bread stick			
V - Grilled cheese, tomato soup and baby carrots	V - Vegan chicken tenders with tater tots	V - Lazy lasagna with Italian style green beans and garlic parm bread stick			
L - Cape Codder LB SBJ - SBJ on WW	P - Mango parfait SBJ - SBJ on WW	D - Turkey & cheese on WW SBJ - SBJ on WW	P - Mango parfait SBJ - SBJ on WW	L - Cape Codder LB SBJ - SBJ on WW	