

NOVEMBER 2017



Your School Name

Monday

Tuesday

Wednesday

Thursday

Friday

November brings festive flavors and hearty dishes. Seasonal fruits and veggies such as grapes, apples, butternut squash and sweet potatoes are packed with vitamin C, beta-carotene, phytonutrients and minerals which together boost our immune system to keep us healthy for the rest of the season.



1

Thai:
Chicken pad-thai
(kid-friendly, peanut free)
Cucumber salad
Soup: Zucchini

Turkey enchiladas
Tater Tots casserole
Tomato salad
Soup: Broccoli

2

Pizza stuffed bell peppers
Penne pasta
Corn nuggets
Soup: pumpkin

3



6

Brazilian:
Feijoada (Black Bean Stew)
with rice
Vinagrete (Tomato Slaw)
Soup: Spinach



7

Swedish:
Swedish chicken meatballs with
mashed potatoes and Roasted zucchini
Soup: Carrot



8

Argentinian:
Beef & lentil stew with rice
Spinach empanadas
Soup: Butternut Squash

Chicken Tenders
Potato Salad
Steamed Veggies
Soup: Yellow Squash

9

Turkey Pizzola Panini
Roasted Sweet Potato
Soup: Cream of Asparagus

10



13

Chinese:
Chicken and veggie dumplings
Pumpkin stir-fry, snap peas
Soup: Vegetable
Fortune cookie



14

Hungarian:
Beef Goulash, egg noodles
Celery & carrot sticks
Soup: Yellow squash



15

Mexican:
Chicken/cauliflower quesadilla,
Roasted bell peppers
Soup: Black bean

Turkey Teriyaki
Potatoes "Jardinera"
Broccoli au Gratin
Soup: Lentil

16

Pizza Margherita
Breaded Zucchini Sticks
Soup: Carrots and Celery

17



20

French:
Quiche Lorraine, side salad,
Roasted potatoes
Soup: Butternut squash



21

Venezuelan:
Pabellon criollo (shredded meat, black
beans, bell peppers, sweet plantains
and white rice)
Soup: Spinach



22

American:
Roasted turkey with gravy
Mash potatoes
Green bean casserole
Soup: Pumpkin

Thanksgiving Day
No School

23

No School

24



27

German:
Beef Schnitzel with Spätzle (egg
noodles)
Roasted zucchini
Soup: Carrot



28

Colombian:
Sancocho chicken stew, steam rice
Carrot and cucumber sticks
Soup: Broccoli



29

Spanish:
Fish paella, spinach & cheese
croquetas
Soup: Corn & pepper

White turkey and sausage chili
Steamed rice
Corn nuggets
Soup: Zucchini

30

