



NOVEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mozzarella Flatbread Cheese or Pepperoni Pizza -D, GL Steamed Broccoli Chocolate Chip Cookie-GL,D,E Parmesan, Pesto
4 Baked Chicken Tender- G, SY French Fries, Carrot Stick Beef Chili Soup-C Chocolate Chip Cookie-D,G,E Ketchup, Honey Mustard, BBQ Sauce	5 3 Cheese Ravioli- D,G Garlic Bread- D,G Broccoli Chocolate Chip Cookie-D,G,E Olive Oil, Butter, Parmesan Cheese	6 100% Beef Burger-GL French Fries Carrot Stick Chocolate Chip Cookie-D,G,E Ketchup, Mustard, Relish	7 Chicken Quesadilla-GL,D Sauteed Corn-D Black Bean Salad Chocolate Chip Cookie-D,G,E Guacamole, Sour Cream, Salsa	8 FCIS TEACHER DAY SCHOOL CLOSED
11 Chicken Gyro- D,G Basmati Rice- D Sauteed Asparagus Chocolate Chip Cookie-D,G,E Tzatziki, Tomato, Feta, Onion	12 Buttered Spaghetti with Sausage Marinara Sauce - D,G Garlic Bread- D,G Chocolate Chip Cookie-D,G,E Parmesan	13 Taco w/Corn Tortilla-C Sauteed Corn - D Yellow Rice-D Chocolate Chip Cookie-D,G,E Guacamole, Sour Cream, Salsa	14 Baked Chicken Wings Celery & Carrot Sticks/ Tater Tots Potato Bacon Soup - D Chocolate Chip Cookie-D,G,E Blue Cheese, BBQ, Honey Mustard Ranch, Thai Chili	15 Mozzarella Flatbread Cheese or Pepperoni Pizza -D, GL Green Beans-D Chocolate Chip Cookie-GL,D,E Parmesan, Pesto
18 Pancakes- G,D,SY,E French Fries Carrot Stick Chocolate Chip Cookie-D,G,E Ketchup, Mustard, Relish	19 Chicken & Cheese Tortellini-D,G With Cheese Sauce/Garlic Bread Sauteed Green Peas - D Chocolate Chip Cookie-D,G,E Olive Oil, Butter, Parmesan	20 Texas Toast Grilled Cheese-D,G Tomato Soup-D Tater Tots Chocolate Chip Cookie-D,G,E Ketchup	21 Cheese Calzone with Mozzarella, Ricotta and Parmesan - D,G Marinara Sauce, Grilled Asparagus Chocolate Chip Cookie-D,G,E Basil, Pesto *** NEW ITEM ***	22 Early Release Day NO LUNCH
25 Thanksgiving Break SCHOOL CLOSED	26 Thanksgiving Break SCHOOL CLOSED	27 Thanksgiving Break SCHOOL CLOSED	28 Thanksgiving Break SCHOOL CLOSED	29 Thanksgiving Break SCHOOL CLOSED

*** All lunch prepared fresh daily ***

*** Salad Bar with 18 Ingredients, 2 Lettuce Choice and 6 Dressings**

*** Soup available on certain days ***

*** Chocolate Chip Cookies available everyday**

*** Apple Juice, Regular and Chocolate Milk included with lunch.**

Bread, Pizza, Pancakes, Pasta

***Allergens: Soy -SY, Gluten - GL,
Dairy - D, Eggs - E, Shellfish - SF,
Corn - C**