Mon

Wed November 13, 2019

Food for Thought

Feeding the Brain Cuisine

Walnut & Herb Roasted Pesto Salmon, Grass Fed Beef Stuffed

Peppers, Curried Broccoli, Cauli-

flower, Hemp Seeds, Quinoa Fried

Rice

Thu November 14, 2019

French Dip Thursday

Soup—Roast Tomato

Roast Beef with Aujus Diestle Turkey, Smoked Ham, Bacon

Roasted Veggies, Avocados and

Cheese with Assorted Freshly

Baked Breads, Pasta Bake, and

Condiments served with

Assorted Specialty Salads

French Dessert — Chefs Choice

November 15, 2019 Fish Fry Day

Fri

New England Style
Clam Chowder

Choice of Alaskan Pesto Salmon or Breaded Chicken Tenders, Breaded and Baked Cod Filet and Popcorn Shrimp.

Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad

Dessert — Chewy Gooey Cookies

November 11, 2019 Veterans Day School Closed



November 12, 2019 Tacos & Enchiladas -Chicken Noodle Soup

Chorizo or Vegetable Enchiladas, Soft Wheat, White and Corn Tortillas and Chips with Ground Beef, Grilled Chicken Breast, Roasted Vegetables, Spanish Rice, Veg. Refried Beans, Lettuce, Tomatoes, Salsa, Sour Cream, Tortilla Chips, Shredded Cheese and Chef Prepared Guacamole.

Dessert - Chefs Choice

November 19, 2019

Soft Shell Tacos

Whole Wheat, Corn or White

Tortilla Shell with Choice of Grilled

Chicken, Ground Beef, Roasted

Veggies, Refried Beans or Roast-

ed Vegetables. Served with Chef

Prepared Guacamole, Sour

Cream, Salsa, Cheddar and Mon-

terey Jack Cheeses

*Fish Tacos from the Window

Dessert - Chefs Choice

*BORDER

Green Chile and Chicken

November 20, 2019 **Traditional Italian Cuisine** -Traditional Minestrone Special Cuisine Menu TBA

November 21, 2019 Pre-Thanksgiving Lunch Soup—Butternut Squash Bisque

Roast Turkey, Mashed Potatoes, Green Beans, Turkey Gravy, Apple Stuffing,

Dessert—Pumpkin Pie



November 22, 2019 Fish Fry Day

- New England Style Clam Chowder

Choice of Alaskan Pesto Salmon or Breaded Chicken Tenders. Breaded and Baked Cod Filet and Popcorn Shrimp.

Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad

Dessert — Chewy Gooey Cookies

November 18, 2019 **Grilled Cheese Sandwiches** Soup - Roast Tomato

Choice of Grilled Ham and Swiss on Sourdough or Grilled Cheese, Served with Assorted Specialty Salads, Roasted Potatoes, and Potato Chips. *Gluten Free Bread Available

Dessert - Chefs Choice



November 26, 2019 November 25, 2019 Italian Cuisine
Soup – Chefs Choice <u>Localvore **Lunch**</u> Special Global Days Menu TBA

Vegetable Lasagna, and assorted Pasta Tossed and with Olive Oil and Sea Salt Served with Vegetable Marinara Sauce, Chicken Pesto, Served with Freshly Baked Garlic Bread and Plenty of Cheese! *Gluten Free Pasta Available

Dessert - Chefs Choice

December 2, 2019

<u>Italian Cuisine</u> Soup – Chefs Choice

Assorted Pasta Tossed with

Olive Oil and Sea Salt,

Vegetable Marinara Sauce,

Pesto Chicken Pesto, Beef

Meathalls Served with Garlic

Bread and Plenty of Cheese!

Gluten Free Pasta Available

Dessert - Chefs Choice

December 3 2019 Quesadillas Soup – Black Bean and Bacon

Grilled Tortillas with Shredded Cheese & Choice of Grilled "N/E" Chicken Breast, Steak, Roasted Pork and Cheese with Roasted Vegetables, Spanish Rice and Tortilla Chips. Served with

Sour Cream, Guacamole and Salsa Dessert - Chefs Choice November 27, 2019 School Closed

November 28, 2019 School Closed

November 29, 2019 School Closed

December 6, 2019

Clam Chowder

Choice of Wild Alaskan Pesto

Salmon or Breaded Chicken

Tenders, Breaded and Baked

Cod Filet and Popcorn

Shrimp.

Served with Fresh Lemon,

Tartar Sauce and Choice of

French Fries or Tossed Cae-

sar Salad Dessert — Chewy Gooey Cookies

Soup

Fish Fry Day

- New England Style



December 4, 2019 Korean Cuisine

Special Menu TBA....



December 5, 2019 <u>Pita Caesars</u> Soup—Roasted Tomato

Freshly Baked Pita Bread topped with Tossed Caesar Salad and Choice of Grilled "N/E" Chicken Breast or Roasted Vegetables. Served with Watermelon Wedges

Never Ever", (N/E) - No Added Antibiotics, No Growth Hormones...

Dessert - Chefs Choice



December 12, 2019 **Dogs and Veggie Dogs** Soup - Chili Con Carne

Beef Hotdog or Veggie Dog with Grilled Onions and Mushrooms, Bacon, and Assorted Condiments Served on a FRidge Bakery Hotdog Bun.

*Gluten-Free Bun Available

Dessert - Chefs Choice



December 13, 2019 Fish Fry Day Soup – New England Style Clam Chowder

Choice of Wild Alaskan Pesto Salmon or Breaded Chicken Tenders, Breaded and Baked Cod Filet and Popcorn Shrimp.

Served with Fresh Lemon, Tartar Sauce and Choice of French Fries or Tossed Caesar Salad

Dessert — Chewy Gooey Cookies

December 9, 2019 **Italian Cuisine** Soup - Chefs Choice

Spaghetti and other Assorted Pasta Tossed and with Olive Oil and Sea Salt Served with Vegetable Marinara Sauce, Chicken Pesto. Served with Freshly Baked Garlic Bread and Plenty of

Dessert - Chefs Choice

*Gluten Free Bread Available

Italian Cuisine

December 10, 2019 South of the Border Buffet -Chicken Noodle Soup

Soft Wheat, White and Corn Tortillas and Chips with Ground Beef, Grilled Chicken Breast, Roasted Vegetables, Spanish Rice, Veg. Refried Beans, Lettuce, Tomatoes, Salsa, Sour Cream, Tortilla Chips, Shredded Cheese and Chef Prepared Guacamole.

Dessert - Chefs Choice



Taco Tuesday!

Choice of "Romio's" Cheese, Hawaiian, Chicken Alfredo, Veggie or Pepperoni. Two slices per

December 11, 2019

Pizza, Pizza, Pizza!

Soup - Chicken Noodle

person. Served with Green Salad *Gluten Free Pizza Available

Dessert — Chefs Choice

Omelet/Waffle Wednesday!

Made to Order Crepes!

Chewy Gooey Cookies!