



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EVERYDAY OPTIONS

Fresh Deli Bar

Featuring Metro Deli Sliced Meats
Low Sodium • Gluten Free • Sugar & Dairy Free

Featuring Fresh Baked Gold Crust Bread
White Bread • Honey Wheat Bread • Multigrain Bread
Sourdough Bread • Bagel

Additional Everyday Items:
Tuna Salad, Chicken Salad, Egg Salad
Fresh Crisp Fruits & Veggies,
Sunflower Butter, Jelly

Market Salad Bar

New Everyday Items:
Tomato, Cucumber, Carrots, Bell Peppers
Grilled Chicken, Tofu, Red Onion, Feta,
Crouton, Dried Cranberries












Daily Chef's Choice

Specialty Salads to Include:
Roasted Butternut Squash Caprese Salad
Curried Carrot Salad
Fall Panzanella Salad
Sweet & Savory Kale Salad
Shredded Beet & Apple Salad

LOCALLY SOURCED

FRUITS & VEGGIES

Baywater Farms, MD
C&E Farms, VA
Kirby Farms, VA
Miller Farms, MD
Lehigh Valley Dairy Farms, PA

				11/1 NO LUNCH SERVICE NOON DISMISSAL
11/4 Chicken Philly Cheesesteak Roasted Veggie Cheesesteak** Kosher Pickles MWG Kettle Chips 	11/5 Beef Ravioli Lasagna Cheese Ravioli Lasagna** Italian Green Beans MWG Garlic Bread	 11/6 Baked Potato Bar Bacon & Chili Con Carne Cheese Sauce Veggie Chili** Broccoli MWG Toppings Butter, Sour Cream, Salsa	11/7 General Tso Chicken General Tso Tofu ** Jasmine Rice MWG Broccoli MWG Oreo Chunk Cookie 	11/8 
11/11 Moroccan Steak MWG Moroccan Chickpea Stew** MWG Couscous Sautéed Carrots MWG Pita Bread	11/12  Chicken Tenders Veggie Nuggets** Peas & Carrots MWG White Cheddar Mac & Cheese 	11/13 BBQ Meatballs BBQ Veggie Meatballs ** Mashed Potatoes MWG Fresh Veggie Medley MWG	11/14  Chicken Parmesan Eggplant Parmesan** Penne Pasta Marinara Sauce MWG Green Beans MWG	11/15 Bang Bang Popcorn Chicken Bang Bang Tofu ** White Rice MWG Broccoli MWG Chocolate Chip Cookie
11/18 Beef Burger Black Bean Burger ** Corn on The Cob MWG Waffle Fries MWG 	 11/19 Chicken & Cheese Flauta Cheese & Veggie Flauta ** Mexican Black Beans MWG Cilantro Lime Rice** MWG Cheese, Salsa, Sour Cream	11/20 Beef Shawarma Falafel Shawarma** Tabbouleh** Pita Bread, Tzatziki Sauce, Feta Cheese, Tomatoes, Cucumbers 	11/21 Stuffed Shells Bolognese Sauce MWG Marinara Sauce ** Fresh Veggie Medley MWG French Bread	11/22  Roasted Turkey & Gravy Spinach Quiche ** Herb Stuffing Mashed Potatoes MWG Sweet Corn MWG Thanksgiving Sugar Cookie
 11/25 Walking Tacos Seasoned Beef MWG Seasoned Meatless Beef** MWG Doritos MWG Mexican Street Corn MWG Toppings	11/26 	11/27 	11/28 	11/29 