

NOVEMBER LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3

MEATLESS MONDAY
PASTA WITH MARINARA
MOZZARELLA CHEESE STICKS
MIXED SALAD
RED AND GREEN GRAPES

4

ITALIAN CHICKEN SUB
PESTO PASTA SALAD
MIXED SALAD
BANANAS OR BLUEBERRIES

5

HALF DAY
GRAB AND GO LUNCH
CHICKEN PATTY SANDWICH
VEGGIE BURGER/ GF BUN AV
CELERY AND CARROT STICKS
ORANGES SMILES

6

CHICKEN AND GRAVY
OVER FLUFFY WHITE RICE
SAUTEED GREEN BEANS
SPINACH SALAD
CINNAMON APPLESAUCE

7

ASSORTED SPECIALTY PIZZAS
GLUTEN FREE PIZZA
MEDITAREAN LENTIL SALAD
PEACHES AND STRAWBERRIES

10

MEATLESS MONDAY
CHEESE AND BEAN
QUESADILLA
SOUR CREAM SALSA
GUACAMOLE SWEET CORN
CRANBERRIES

11

NO
SCHOOL
TODAY



12

CHICKEN NUGGETS!
HOMEMADE MASHED
POTATOES W/ GRAVY
SWEET PEAS
CRANBERRY SAUCE

13

CHICKEN BROCCILI ZITI
OVEN ROASTED SWEET
POTATOES OR
GARDEN SALAD
RED AND GREEN GRAPES

14

ASSORTED SPECIALTY PIZZAS
GLUTEN FREE PIZZA
CEASAR SALAD
BLUEBERRIES & STARBERRIES

17

MEATLESS MONDAY
CHEESEY POTATOES BOWLS
VEGETARIAN BAKED BEANS
SPINACH SALAD
RED AND GREEN APPLES

18

GRILLED CHEESE
CREAMY TOMATO SOUP
OVEN BAKED FRIES
SIDE SALAD
ORANGE SMILES

19

ALL BEEF HOT DOG
GLUTEN FREE BUN AVAILABLE
BAG OF LAYS CHIPS
COLE SLAW
WATERMELON

20

CHICKEN AND VEGETABLE
CURRY OR
VEGETARIAN CURRY
OVER RICE
STEAMED CARROTS

21

ASSORTED SPECIALTY PIZZAS
GLUTEN FREE PIZZA
GARDEN SALAD
CUCUMBERS AND DIP
CRANBERRIES OR BLUBERRIES

24

MEATLESS MONDAY
EGG CHEDDAR AND
SPINACH STRATA
BLACK BEANS WITH CUMIN
MIXED BERRY CUP

25

THREE CHEESE MAC AND
CHEESE
STEAMED BROCCOLI
RED AND GREEN GRAPES

26

HALF DAY
TO BE ANNOUNCED

27



Happy Thanksgiving

Did you know. . .School lunch is free!
All Meals include whole grain, lean protein,
Vegetable and fruit of the day & 1% Milk or
fat free Chocolate Milk.

Students must select
at least 3 out of 5
items including a
fruit or vegetable to
create a complete
USDA lunch.

MAKE A MEAL



We will also offer sunbutter & jelly, homemade
pizza, fresh salad with or without meat, assorted
subs, and grilled cheese as daily alternatives for
meals. All meals are offered free to qualifying
students.

Please visit our website for more information. We
are welcome to your comments and questions,
please feel free to call anytime at 978-402-8666,
or email sbardzik@carlisle.k12.ma.us.

Our prepayment option takes a load off your
mind. Please visit the Carlisle School website for
more information. Civil rights law and U.S.
Department of Agriculture (USDA) Civil Rights

Please be aware, the menu is subject to change.



Carlisle Public School
is a Nut-Free Kitchen!