

## Middle School NOVEMBER 2019

\* denotes an upcharge. Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Stuffed Crust Pizza or Tuna Salad Wrap Roasted Vegetable Barley Honey Glazed Carrots Vegetable Medley Gluten Free: GF Pizza
4 Chicken Nuggets or Vegetable Club Noodles Parmesan Roasted Cauliflower Vegetable Medley Gluten Free: GF Chicken Chunks	Meatloaf Sandwich or Stuffed Portabellas Mashed Potatoes Corn Vegetable Medley Gluten Free: GF Meatloaf	6 LITTLE ITALY Lasagna or Margarita Pizza Garlic Knots Roasted Asparagus Vegetable Medley  Gluten Free: GF Lasagna	7 Sloppy Joes or Caprese Croissant Tater Tots Roasted Carrots Vegetable Medley Gluten Free: GF Sloppy Joe	8 Cheese Pizza or Pepper Crusted Tuna* Tomato Basil Orzo Green Peas Vegetable Medley Gluten Free: GF Pizza
11 Tortellini Alfredo or Vegetable Stacks Breadsticks Brussels Sprouts Vegetable Medley Gluten Free: GF Pasta Alfredo	General Tso's Chicken or Vegetable Lo Mein Fried Rice Broccoli Vegetable Medley Gluten Free: GF General Tso's	13 THE WINDY CITY Italian Beef or Deep Dish Pizza French Fries Green Beans Vegetable Medley Gluten Free: GF Pizza	14  Buffalo Chicken Mac & Cheese or Garden Pizza Rice Pilaf Roasted Cauliflower Vegetable Medley  Gluten Free: GF Mac & Cheese	15 No Classes
18 All Beef Hot Dogs or Veggie Sliders French Fries Baked Beans Vegetable Medley Gluten Free: GF Hot Dog	19 Spaghetti & Meatballs or Stuffed Zucchini Cheesy Garlic Bread Sautéed Kale Vegetable Medley Gluten Free: GF Pasta w/ Marinara	20 50's DINER Chili Burger or Grilled Cheese Onion Rings Corn on the Cob Vegetable Medley  Gluten Free: GF Burger	Prench Toast Sticks or Cheesy Eggs Home Fries Bacon Baked Apples  Gluten Free: GF French Toast	22  Meat Lover's Pizza or Cheese Pizza Risotto Green Beans Vegetable Medley  Gluten Free: GF Pizza
25 Chicken Parmesan or Eggplant Hoagie Noodles Broccoli Vegetable Medley Gluten Free: GF Chicken Parm	26 Pulled Pork or Black Bean Burger Loaded Tots Zucchini Vegetable Medley Gluten Free: Pulled Pork		HAPPY THANKSGIVING!	