

Learning Prep School

November 2018

Lunch Menu

Prices: Breakfast and Lunch are available each day.

All meals served with 1% white or chocolate skim milk. Menu subject to change.

Alternate Lunch Choices each Day: Toasted Cheese Sandwich, Garden Salad with Chicken (T-F) or Greek Salad(T-F)

Breakfast Choices each Day: Cheerios GF, Blueberry Muffin, or Toasted Bagel with Cream Cheese, Fruit, Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Dog Vegetarian Beans Fruit	2 Cheese or Specialty Pizza Whole Wheat Crust Carrot Sticks Vinaigrette Juice
5 Chicken and Cranberry Salad Wrap Carrot Sticks Fruit	6 Breakfast Burrito (Eggs/cheese/tortilla) Topped with Salsa Black Beans Fruit	7 American Chop Suey Green Beans Fruit	8 Sweet and Sour Turkey Meatballs Rice Brussel Sprouts	9 Cheese or Specialty Pizza Whole Wheat Crust Salad Vinaigrette Juice
12 Veteran's Day Observed No School	6 Soft Chicken Tacos Brown rice, Corn, salsa and cheese Fruit	14 Macaroni and Cheese Broccoli Fruit	15 Joe's Shepard Pie Fruit	16 Cheese or Specialty Pizza Whole Wheat Crust Celery Sticks Vinaigrette Juice
19 Chicken Cordon Bleu Mashed Potatoes Gravy Glazed Carrots Fruit	20 Pork Carnitas Guacamole Spicy Corn and Bean Salad Fruit	21 ½ Day	22 Thanksgiving Recess No School	23 Thanksgiving Recess No School
26 Chicken Tenders Potato Puffs Carrots Fruit	27 Ground Beef Tacos Cheddar Cheese and Salsa Refried Beans Fruit	28 Sausage, Peppers and Spinach Pasta in a Pesto Cream Sauce Fruit	29 Chicken, Bacon, and Ranch Wrap Chips Fruit	30 Cheese or Specialty Pizza Whole Wheat Crust Sliced Cucumbers Vinaigrette Juice

This institute is an equal opportunity provider. Please inform your server if you have any food allergies.

