

17 lunch days

Monday-lunes	Tuesday-martes	Wednesday-miércoles	Thursday-jueves	Friday-viernes
Always Gluten Free, Vegetarian and Dairy Free alternatives for all hot lunches and snacks.	PB&J sandwiches or a “Lunchable” style plate available in place of hot lunch.			31 Pizza Cheese, Veggie, Pepperoni Salad or fresh veggies Fresh fruit Snack: Halloween buffet
3 Pancakes Bacon or veggie sausage Salad or fresh veggies Fresh fruit Snack: Fruits or veggies, protein, usually bread/muffin/cracker	4 Cheese or Veggie and Bean Quesadillas Lettuce, Cheese, Salsa, Guac Rice with or without beans Snack: Fruits or veggies, protein, usually bread/muffin/crackers	5 Spaghetti and Marinara Meatballs optional Salad or fresh veggies Fresh Snack: Fruits or veggies, protein, usually bread/muffin/crackers	6 Sloppy Joes French Fries Salad or fresh veggies Fresh fruit Snack: Fruits or veggies, protein, usually bread/muffin/crackers	7 Pizza Cheese, Veggie, Pepperoni Salad or fresh veggies Fresh fruit Snack: Fruits or veggies, protein, usually bread/muffin/crackers
10 Lentil Stew and Grilled Cheese Sandwiches Salad or fresh veggies Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers	11 Veterans Day NO SCHOOL	12 Macaroni and Cheese Salad or fresh veggies Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers	13 Pancakes Salad or fresh veggies Fresh fruit and Yogurt Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers	14 English Muffin Pizzas Cheese, Veggie, Pepperoni Salad or fresh veggies Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers
17 Pancakes Bacon or veggie sausage Salad or fresh veggies Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers	18 Beef Tacos Lettuce, Cheese, Salsa, Guac Rice and Beans Salad or fresh veggies Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers	19 Spaghetti and Marinara Meatballs optional Salad or fresh veggies Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers	20 Roasted Turkey Breast with gravy Roasted new potatoes, Peas Salad or fresh veggies Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers	21 Pizza Cheese, Veggie, Pepperoni Salad or fresh veggies Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers
24 FIELD TRIP!	25 Chicken or Veg Quasadillas Lettuce, salsa, Guac Rice and corn Fresh fruit Snack Options: Fruits or veggies, protein, usually bread/muffin/crackers	26 NO SCHOOL	27 	28 NO SCHOOL

Meat replaced with plant-based analog (e.g. veggie meatballs). I do my best to provide egg free options as often as possible. Non dairy milk and whole milk are available. ~Please feel free to email me bonville@chebeagueschool.net with any questions/concerns-Thank you, Miss Amy