

Friday, November 1

- Fish & Chips
- Pumpkin Soup
- Roasted Potato Wedges
- Coleslaw

Monday, November 4

- Scrambled Eggs
- Sweet Potato
- Cooked Oats
- Pineapple

Tuesday, November 5

- Chicken Curry
- Yukon Potatoes
- Roasted Carrots
- Brown Rice

Wednesday, November 6

- Turkey Taco Bowl
- Black Beans
- Roasted Corn Salad
- Whole Wheat Rotini

Thursday, November 7

- Creamy Lemon Pilaf
- Broccoli
- Peas & Edamame
- Brown Rice

Friday, November 8

- Pesto Chicken
- Roma Tomatoes
- Baby Spinach
- Whole Wheat Pasta

Monday, November 11

CLOSED
VETERANS DAY

Tuesday, November 12

- Pulled Pork Bowl
- Broccoli
- Peppers and Onions
- Whole Wheat Pasta

Wednesday, November 13

- Chimichurri Chicken
- Spinach
- Diced Tomatoes
- Brown Rice

Thursday, November 14

- Yucatan Salmon
- Black Beans
- Plantains
- Tricolor Quinoa

Friday, November 15

- Thai Red Curry
- Roasted Carrots
- Broccoli
- Whole Grain Noodles

Monday, November 18

- Scrambled Eggs w/ Cheese
- Sweet Potato
- Whole Grain English Muffin
- Orange

Tuesday, November 19

- Calabacitas Chicken
- Roasted Squash
- Cilantro Brown Rice
- Mixed Fruit

Wednesday, November 20

- Turkey Taco Bowl
- Black Beans
- Roasted Corn Salad
- Whole Grain Rotini

Thursday, November 21

- Vegan Yakisoba Noodle Bowl
- Red Bell Peppers
- Mixed Vegetables
- Tofu & Edamame

Friday, November 22

- Mexicali Chicken
- Corn
- Roasted Peppers and Onions
- Brown Rice

Monday, November 25

- Ginger Orange Tofu Bowl
- Shredded Carrots
- Brown Rice
- Pickled Red Cabbage

Tuesday, November 26

- Scrambled Eggs w/ Black Beans
- Sweet Potato
- Kiwi
- Quinoa

Wednesday, November 27

- Lemon Maple Salmon
- Carrots & Edamame
- Steamed Broccoli
- Brown Rice

Thursday, November 28

CLOSED
THANKSGIVING

Friday, November 29

CLOSED
THANKSGIVING

- Menu subject to change
- \$3 suggested donation

