

November 2017

BONIFAY K - 8

LUNCH



**SERVED DAILY: MILK AND FRUIT.
CONDIMENTS AS NEEDED.**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

Wednesday

Thursday

Friday

Chicken Sandwich
Lettuce/Tomato
Wedges

1

BBQ Rib Sandwich
Carrot Sticks
Baked Beans

2

Burrito
Black Beans
Lettuce
Corn

3

Mrs. B's Pasta
Garlic Bread
Side Salad
Steamed Broccoli

6

Thanksgiving Dinner
Sliced Turkey
Mashed Potatoes
Steamed Green Beans
Sweet Potato Souffle

7

Beef Nacho
Tortilla Chips
Lettuce
Corn
WGR Cookie

8

Sloppy Joe
Fries
Carrot Sticks

9

Quesadilla
Black Beans
Lettuce

10

Cheese Pizza
Broccoli
Side Salad
Sidekick

13

Chicken Noodles
Steamed Carrots
Peas

14

Hamburger
Lettuce/Tomato
Wedges

15

Chicken Filet
Mashed Potatoes
Green Beans

16

Hot Dog
Baked Beans
Doritos
Carrot Sticks
Sidekick

17

Chicken Filet
Steamed Broccoli
Mashed Potatoes

20

Taco Salad
Corn
Tortilla Chips
Lettuce Bowl
Cheese Cup

21

THANKSGIVING *****

22

BREAK *****

23

24

Salisbury Steak
Mash Potatoes
Green Beans
WGR Roll

27

Double Stuff Pizza
Side Salad
Broccoli

28

Chicken Sandwich
Fries
Lettuce/Tomato

29

Chicken Noodles
Steamed Carrots
Peas
WGR Roll

30

