


# A YUMMY NOVEMBER ORGANIC & NATURAL LUNCH MENU FOR TRUE NORTH CLASSICAL ACADEMY

\*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>PIZZA DAY</b> Cheese Pizza (1 slice), Carrots & Dip, Fresh Fruit
4  <b>NO SCHOOL TODAY</b>	5 <b>Option #1:</b> Breakfast for Lunch— Pancakes, Eggs, Lyonnaise Potatoes w/Peppers & Onions, Fresh Fruit  <b>Option #2:</b> Lean Beef Burger, Lyonnaise Potatoes w/Peppers & Onions, Fresh Fruit	6 <b>Option #1:</b> Lean Beef Sloppy Joe's, Baked Beans, Fresh Fruit  <b>Option #2:</b> Grilled Cheese, Baked Beans, Fresh Fruit	7 <b>Option #1:</b> BBQ Chicken Sandwich, Roasted Sweet Potato Wedges, Fresh Fruit  <b>Option #2:</b> Mac & Cheese, Roasted Sweet Potato Wedges, Fresh Fruit	8 <b>PIZZA DAY</b> Cheese Pizza (1 slice), Caesar Salad w/Grape Tomatoes, Fresh Fruit
11 <b>VETERAN'S DAY</b>	12 <b>Option #1:</b> Baked Chicken Nuggets, WW Roll, Herbed Squash & Zucchini, Fresh Fruit	13 <b>Option #1:</b> Chicken Teriyaki Bowl over Fried Rice, Steamed Edamame, Fresh Fruit  <b>Option #2:</b> Grilled Cheese, Steamed Edamame, Fresh Fruit	14 <b>Option #1:</b> Lean Beef Burger, Roasted Sweet Potato Wedges, Fresh Fruit  <b>Option #2:</b> Mac & Cheese, Roasted Sweet Potato Wedges, Fruit	15 <b>PIZZA DAY</b> Cheese Pizza (1 slice), Caesar Salad w/Grape Tomatoes, Fresh Fruit
18 <b>Option #1:</b> Low Fat Chicken Penne Alfredo, Roasted Butternut Squash, Fresh Fruit  <b>Option #2:</b> Baked Chicken Nuggets, Roasted Butternut Squash, WW Roll, Fresh Fruit	19 <b>Option #1:</b> Lean Beef Tacos, Brown Rice, Black Beans, Fresh Fruit	20 <b>Option #1:</b> Lemon Pepper Chicken w/Lo Mein Noodles, Roasted Broccoli, Fresh Fruit  <b>Option #2:</b> Grilled Cheese, Roasted Broccoli, Fresh Fruit	21 <b>Option #1:</b> Mac & Cheese, Roasted Sweet Peas, Fresh Fruit  <b>Option #2:</b> Turkey Meatball Sub, Roasted Sweet Peas, Fresh Fruit	22 <b>PIZZA DAY</b> Cheese Pizza (1 slice), Cucumbers & Dip, Fresh Fruit
25 <b>Option #1:</b> Chicken Nuggets, WW Roll, Roasted Haricot Vert w/Garlic & Shallots, Fresh Fruit	26 <b>Option #1:</b> Lean Beef Gyro w/Sauteed Tomatoes, Onions & Peppers, WW Pita Bread, Roasted Potatoes, Fresh Fruit	27  <b>NO SCHOOL TODAY</b>	28  <b>HAPPY THANKSGIVING</b>	29  <b>NO SCHOOL TODAY</b>