



## NOVEMBER 2011 LUNCH MENU

Available Every Day

SchoolFood Salad Bar with Produce, Fresh Fruit & Cold Sandwiches, Assorted White Milk

Sunday	Mediterranean Monday	Trayless Tuesday	Latin Wednesday	Chicken Thursday	Pizza Friday	Saturday
		1 Deli Bar Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	2 Black Bean & Cheddar Cheese Quesadillas Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk	3 Chicken Sabroso Spanish Rice Black Bean and Corn Salad SchoolFood Salad Bar Assorted White Milk	4 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	5
6	7 Cheesy Lasagna Roll-up with Tomato Basil Sauce Zucchini, Corn and Basil Stew SchoolFood Salad Bar Assorted White Milk	8 ELECTION DAY NO SCHOOL	9 Burrito Bar Southwest Style Sofrito Brown Rice OR Wrap Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk	10 Asian Roasted Chicken Vegetable Fried Rice Broccoli with Roasted Garlic SchoolFood Salad Bar Assorted White Milk	11 VETERAN'S DAY NO SCHOOL	12
13	14 Baked Basil and Garlic Chicken Whole Grain Pasta with Vegetable Tomato Sauce Steamed OR Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	15 Deli Bar Healthy Potato Salad SchoolFood Salad Bar Assorted White Milk	16 Chili Baked! Tostitos® Scoops!® Confetti Corn Salad Pico de Gallo SchoolFood Salad Bar Assorted White Milk	17 BBQ Roasted Chicken Jasmine Rose Rice Braised Collards OR Rosemary Red Potatoes SchoolFood Salad Bar Assorted White Milk	18 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	19
20	21 Pesto Pasta with Chickpeas Whole Grain Pasta Steamed OR Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	22 Deli Bar Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	23 Burrito Bar Southwest Style Sofrito Brown Rice OR Wrap Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk	24 THANKSGIVING HOLIDAY NO SCHOOL	25 THANKSGIVING HOLIDAY NO SCHOOL	26
27	28 Chicken Cacciatore Whole Grain Pasta with Olive Oil and Garlic Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	29 Deli Bar Healthy Cole Slaw SchoolFood Salad Bar Assorted White Milk	30 Black Bean & Cheddar Cheese Quesadillas Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk			



## **November 2011 Menu Options for the WITS Program Schools**

**Mondays:** No substitution necessary

**Tuesdays:** Bread options may vary according to preferences of the school community. “Chopped Salad” wraps may be approved after review of recipe.

**Wednesdays:** Seasoned Beans with Rice, Mexicali Beans and Rice, Bean Quesadillas (must include ½ cup cooked beans for protein contribution), plantains

**Thursdays:** Hot Lo Mein, Curried Rice

**Friday Pizza Choice:** NYC Slice, Pizza Bagel and French bread

**Rice** - “bread” options: Harvest Blend, Jasmine Rose Rice, brown rice, taco boats and all available sandwich bread varieties

**NOTE:** Always maintain “offer versus serve” by ensuring the proper meal pattern.