

November Menu

<p>4</p> <p>MS: cranberry protein bars</p> <p>L: unstuffed Russian cabbage and turkey rolls</p> <p>AS: cottage cheese, chickpea and cucumber cups</p>	<p>5</p> <p>MS: cranberry protein bars</p> <p>L: unstuffed Russian cabbage and turkey rolls</p> <p>AS: cottage cheese, chickpea and cucumber cups</p>	<p>6</p> <p>MS: pear oatmeal</p> <p>L: Pasta Primavera with Roasted Veggies</p> <p>AS: Hard boiled eggs, crackers and hummus</p>	<p>7</p> <p>MS: pear oatmeal</p> <p>L: Pasta Primavera with Roasted Veggies</p> <p>AS: Hard boiled eggs, crackers and hummus</p>	<p>8</p> <p>MS: pear oatmeal</p> <p>L: Pasta Primavera with Roasted Veggies</p> <p>AS: Hard boiled eggs, crackers and hummus</p>
<p>11</p> <p>MS: carrot muffins</p> <p>L: italian sausage and cabbage stew</p> <p>AS: Almond butter rice cakes with banana</p>	<p>12</p> <p>MS: carrot muffins</p> <p>L: italian sausage and cabbage stew</p> <p>AS: Almond butter rice cakes with banana</p>	<p>13</p> <p>MS: cranberry almond energy bites</p> <p>L: Riced cauliflower and bell pepper with turkey</p> <p>AS: black bean and cheese quesadilla</p>	<p>14</p> <p>MS: cranberry almond energy bites</p> <p>L: Riced cauliflower and bell pepper with turkey</p> <p>AS: black bean and cheese quesadilla</p>	<p>15</p> <p>MS: cranberry almond energy bites</p> <p>L: Riced cauliflower and bell pepper with turkey</p> <p>AS: black bean and cheese quesadilla</p>
<p>18</p> <p>MS: cranberry bran muffins</p> <p>L: Pasta Primavera with Roasted Veggies</p> <p>AS: cottage cheese, chickpea and cucumber cups</p>	<p>19</p> <p>MS: cranberry bran muffins</p> <p>L: Pasta Primavera with Roasted Veggies</p> <p>AS: cottage cheese, chickpea and cucumber cups</p>	<p>20</p> <p>MS: pear oatmeal</p> <p>L: Kale sausage soup</p> <p>AS: bell peppers and hummus</p>	<p>21</p> <p>MS: pear oatmeal</p> <p>L: Kale sausage soup</p> <p>AS: bell peppers and hummus</p>	<p>22</p> <p>MS: pear oatmeal</p> <p>L: Kale sausage soup</p> <p>AS: bell peppers and hummus</p>
<p>25</p> <p>No school</p>	<p>26</p> <p>No school</p>	<p>27</p> <p>No school</p>	<p>28</p> <p>No school</p>	<p>29</p> <p>No school</p>