

# November 04- November 08

2024

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS

Produce of the Month:

## Root Vegetables



Root vegetables are quite literally the fruits of the earth, the hearty bulbs that swell and thrive beneath the soil. Networks of roots below ground, catching nutrients from the soil and using this energy to grow up and out.

04 Monday	05 Tuesday	06 Wednesday	07 Thursday	08 Friday
CHEF'S GRILL Chicken Yakitori with Steamed Rice and Tempura Green Beans	CHEF'S GRILL BBQ Pork Ribs with Mac and Cheese	CHEF'S GRILL Chicken and Biscuits	CHEF'S GRILL French Dip Sandwich and Mediterranean Wrap	CHEF'S GRILL Crab Cake with Sweet Chili Mango Slaw
BURGERLAND Jalapeno Popper Burger	BURGERLAND French Onion Burger	BURGERLAND Chicken Parm Burger	BURGERLAND Grilled Pineapple Burger	BURGERLAND Garlic Butter Burger
TASTE OF ITALY  Pasta Primavera	TASTE OF ITALY  Pasta e Ceci	TASTE OF ITALY  Cheese Manicotti	TASTE OF ITALY Chicken Cacciatore	TASTE OF ITALY  Tomato Basil Alfredo
MEXICAN FIESTA Ground Beef Tacos	MEXICAN FIESTA Chicken Tinga	MEXICAN FIESTA Pork Adobo	MEXICAN FIESTA Seafood Tostada	MEXICAN FIESTA Green Chicken Pozole
gf GF ZONE Pork Loin with Lemon Cream Sauce	gf GF ZONE Greek Roasted Lamb	gf GF ZONE Classic Beef Stew	gf GF ZONE Sweet and Sour Chicken	gf GF ZONE Chicken and Sausage Jambalaya
gf VEGGIE CAFE  Rajma Masala	gf VEGGIE CAFE  Mushroom Vegetable Medley	gf VEGGIE CAFE  Southern Sweet Potatoes	gf VEGGIE CAFE  Jamaican Jerk Tempeh	gf VEGGIE CAFE  Ma Po Tofu

Gluten Free Options Upon Request or  
Check out the Gluten Free Zone



Vegetarian



Produce of the Month

