

# November 18- November 22

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.

18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
<b>CHEF'S GRILL</b> Turkey and Swiss Sliders with Tomato Soup	<b>CHEF'S GRILL</b>  Potato Samosas Coconut Red Lentils with Yellow Rice and Sautéed Spinach	<b>gf</b> <b>CHEF'S GRILL</b> Rotisserie Chicken Drumstick and Baked Potato Bar	<b>CHEF'S GRILL</b> Shrimp and Sausage Gumbo and Cajun Vegetable Etouffee	<b>CHEF'S GRILL</b> Creamy Fish Chowder Garlic Bread and Cream of Mushroom Soup
<b>BURGERLAND</b> Big Mac Sauced Burger	<b>BURGERLAND</b> Buffalo Chicken Burger	<b>BURGERLAND</b> Kimchi Burger	<b>BURGERLAND</b> Mexican Style Beef Burger	<b>BURGERLAND</b>  Hot Dogs
<b>TASTE OF ITALY</b>  Sundried Tomato Pesto Tortellini	<b>TASTE OF ITALY</b> Sausage and Broccoli	<b>TASTE OF ITALY</b>  Miso Mushroom and Leak Pasta	<b>TASTE OF ITALY</b>  Ravioli with Brown Butter and Sage Sauce	<b>TASTE OF ITALY</b> Cajun Chicken Pasta
<b>MEXICAN FIESTA</b> Chicken Mole and Spanish Rice	<b>MEXICAN FIESTA</b>  Fideo Soup and Jalapeno Poppers	<b>MEXICAN FIESTA</b> Beef Fajitas	<b>MEXICAN FIESTA</b>  Bean and Cheese Tostada	<b>MEXICAN FIESTA</b> Pulled Pork Tortas
<b>gf</b> <b>GF ZONE</b> Old Fashion Roast Beef	<b>gf</b> <b>GF ZONE</b> Kung Poa Chicken	<b>gf</b> <b>GF ZONE</b> Roasted Pork Loin on a Bed of Apples and Veggies	<b>gf</b> <b>GF ZONE</b> Gyro Style Lamb	<b>gf</b> <b>GF ZONE</b> Chicken Diane
<b>gf</b> <b>VEGGIE CAFE</b>  Vegan Red Thai Curry	<b>gf</b> <b>VEGGIE CAFE</b>  Root Vegetable Medley	<b>gf</b> <b>VEGGIE CAFE</b>  Ginger Tamari Tofu	<b>gf</b> <b>VEGGIE CAFE</b>  Harissa Glazed Veggies	<b>gf</b> <b>VEGGIE CAFE</b>  Sesame Soy Butter Noodles

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



Vegetarian



Produce of the Month

