




# Aventura City of Excellence School Lunch Menu NOVEMBER 2018



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			November 1 Oven-Baked Fish Sticks OR Whole Wheat Turkey Sub Roasted Potatoes Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk	November 2 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
November 5 Spaghetti & Meatballs marinara OR Turkey Salad Sandwich Mixed veggie OR Side Salad Sliced Pears Low Fat & Fat Free Milk	November 6  <b>No School Teachers Planning</b>	November 7 Mac & Cheese OR Whole Wheat Tuna Sub Whole Wheat Bread Peas or Side Salad Sliced Peaches Low Fat & Fat Free Milk	November 8 Chicken Peppers Sautéed or Whole Wheat CC Combo Sub Rice Black Beans or Side Salad Sliced Pears Low Fat & Fat Free Milk	November 9 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
November 12  <b>NO SCHOOL VETERAN'S DAY</b>	November 13 WGR Spiral Pasta with Alfredo Cheese Sauce OR Whole Wheat Tuna Salad Sandwich Whole wheat roll Peas and Carrots or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk	November 14 <b>**Early Release**</b> <b>Kosher</b>  Turkey sub Multigrain Chips Fresh Apple Water	November 15 Penne Pasta & Meat Sauce OR Whole Wheat Salami Sub Garlic bread Mixed Veggies or Side Salad Cantaloupe Low Fat & Fat Free Milk	November 16 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
November 19 Hamburgers on Whole Wheat Bun OR Turkey Sub Lay chips Cole Slaw or Side salad Tropical Fruit Low Fat & Fat Free Milk	November 20 Whole Wheat Toasted Cheese Sandwich OR Tuna Salad Sandwich Chips Chick peas OR Side Salad Sliced Pears Low Fat & Fat Free Milk	November 21  <b>No School Teachers Planning</b>	November 22  <b>No School Thanksgiving</b>	November 23  <b>No School Thanksgiving</b>
November 26 Pizza Cheese Bagel or Whole Wheat BMT Sub Tater tots Steamed Green beans or side salad Slices Peaches Low Fat & Fat Free Milk	November 27 Baked Chicken Nuggets OR BMT Combo Sub Mashed Potatoes Peas Orange wedged Low Fat & Fat Free Milk	November 28 Chicken Hot Dogs on Whole Wheat Bun OR Turkey Sub WGR Chips Baked Beans or Side salad Tropical Fruit Low Fat & Fat Free Milk	November 29 Baked Ziti OR Whole Wheat Tuna Sub Whole Wheat Roll Steamed Carrots or Side Salad Sliced Pears Low Fat & Fat Free Milk	November 30 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
December 3 Whole Wheat Toasted Cheese Sandwich OR Tuna Salad Sandwich Baked Veggie Chips Chick peas OR Side Salad Sliced Pears Low Fat & Fat Free Milk	December 4 Baked Chicken Pattie Sandwich OR Whole Wheat CC Combo Sub WGR Chips Chick peas or Side Salad Pineapple Chunks Low Fat & Fat Free Milk	December 5 Mac & Cheese OR Whole Wheat Tuna Sub Whole Wheat Bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	December 6 Chicken Peppers Strips or Whole Wheat CC Combo Sub Rice Black Beans or Side Salad Sliced Pears Low Fat & Fat Free Milk	December 7 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk

**LUNCH PRICE \$3.90 DAILY**

**Side Salad consist of lettuce, Tomatoes & Cucumbers A-la-Cart: Hard Boiled Egg \$0.50; Portion cup of Tuna Salad \$0.50; An Alternative Protein Choice Will Be Offered Every Day Except on Early Release Days; The Salad Bar is an**

alternative meal to the daily lunch being offered. Salad Bar consists of the following items: Lettuce, Tomato, Cucumbers, Carrot Sticks, Celery Sticks, Hard Boiled Eggs, Tuna Salad and a slice of Whole Wheat Bread.