

november

farm 2 school feature broccoli

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2 A. Pizza Bagel B. Beyond Burger Air Fried Potatoes Sautéed Green Beans Fresh Fruit	3 Election Day No School	4 A. Cheese Quesadilla B. Breakfast Burrito Steamed Broccoli Tortilla Chips Salsa, Ranch	5 A. Grilled Cheese B. Chicken-less Nuggets Strawberry Yogurt Steamed Broccoli Chocolate Muffin Fresh Cut Fruit	6 A. 100% Beef Burger B. BBQ Salmon Air fried potatoes Sautéed Zucchini Crisp Fall Apple	Due to seasonality and local availability, menu is subject to change without prior notification
	9 A. Pasta Con Broccoli B. Cheese Quesadilla Banana Muffin Sautéed Apples Vegetable Crudité	10 A. Mac & Cheese B. Lemon Pepper Salmon Steamed Broccoli Fresh Fruit Blueberry Muffin	11 A. Grilled Cheese B. Pancake & Eggs Fresh Fruit Topping Baby Carrots Strawberry Yogurt	12 A. Tuna Salad Wrap B. Pizza Bagel Vegetable Du Jour Fresh Fruit Chocolate Chip Cookie	13 A. All Beef Hot Dog B. Mom's Meatloaf Smashed potatoes Garlic-broccoli Applesauce	
	16 A. General Taos's Tofu B. Chicken-less Nuggets Vegetable Fried Rice Asian Veggie Stir Fry Fresh Navel Orange	17 A. Pizza Bagel B. Buffalo Tofu Veggies and Ranch Blueberry Muffin Cinnamon Peaches	18 A. Veggie Frittata B. French Toast/Eggs Fresh Fruit Topping Steamed Carrots Strawberry Yogurt	19 A. Ramen Noodle Bowl B. Teriyaki Salmon Asian Stir Fry Veggies Whole Fruit Selection Strawberry Yogurt	20 A. 100% Beef Burger B. Chicken Fingers Air fried potatoes Steamed Carrots Crisp Fall Apple	
Bistro Kids does not use tree nuts or peanuts, but does source ingredients made in facilities that also process tree nuts and peanuts. Some items may contain milk, soy, sesame, wheat, fish and/or eggs	23 A. Garlic Butter Pasta B. Beefless Yakisoba Steamed Veggies Banana muffin Fresh Fruit	24 Thanksgiving Feast A. Sliced Turkey B. Maple Salmon Mashed Potatoes Green beans Cranberry Fruit Cocktail Chocolate Cookie	25 Thanksgiving Break No School	Thanksgiving Break No School	27 Thanksgiving Break No School	Add an Entrée 2.00 Plus tax
	30 A. All Beef Hot Dog B. Lemon Tilapia Smashed potatoes Vegetable Medley Applesauce					
Mirc	witz	Bistro Kids Farm hid-friendly meals th	2 School Lunch Prog at are healthy, seasonal, de	r am Mission: To create a s icious, and whenever possible	et of menus and , locally grown.	vw.bistrokids.com