

Mirowitz Specialty Salad Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				11-1
				SEE OCTOBER MENU
11-4	11-5	11-6	11-7	11-8
Apples, carrots, garbanzo beans, dried cranberry and feta over arugula with a honey Dijon vinaigrette	Ahi Tuna Zoodler Served Rare Zucchini Noodles Shredded carrots, cucumber, sweet peppers over greens	*PIZZA NIGHT* SALAD BAR DAY	BBQ Tofu coated in Sweet Baby Ray's Celery, Carrots, Cucumbers and Mozzarella over Romaine Bed	NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
11-11	11-12	11-13	11-14	11-15
Roasted Sweet potatoes and beets, apples, brown lentils, feta and crispy quinoa over kale	Honey Roasted Chickpeas, tomato, corn, avocado and mozzarella over chopped romaine	SALAD BAR DAY	NOON DISMISSAL PARENT/TEACHER CONFERENCES	NO SCHOOL PARENT/TEACHER CONFERENCES
11-18	11-19	11-20	11-21	11-22
Salmon Caesar Salad Chopped Romaine House Made Croutons Grape Tomatoes Caesar Dressing	Brown lentils, cucumbers, red onion, kalamata olive, red peppers and feta over arugula with an herb vinaigrette	*PIZZA NIGHT* SALAD BAR DAY	Roasted sweet potatoes over quinoa and greens w/Apples Avocado Dried cranberries Sunflower seeds	Chicken Caesar House made croutons Grape tomato Grilled chicken Dairy Free Caesar Dressing
11-25	11-26	11-27	11-28	11-29
Tuna Poke Bowl Sushi Rice, Avocado, Kale Bed, Sesame Ginger Dressing, Cucumber, Bell Pepper	FRIENDSgiving Feast Honey Mustard Salmon over a romaine bed Shredded carrots, cucumber, tomato, sweet peppers	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK