

November 2018

JUST A DASH CATERING

LUNCH



School Information: PB & J, Fruit, & Veggie Bar offered Daily



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
THIS INSTUTION IS AN EQUAL OPPURTUNITY EMPLOYER

Monday



Tuesday

Wednesday



Thursday

Friday

Beef Hot Dog
Tatar Tots
Baked Beans
Choice of Milk
Fresh Fruit

5

Cheese Rotini Pasta
Garden Salad
(Carrot, Spring Romain, Cucumber)
Choice of Milk
Fresh Fruit

6

Chicken Burrito Bowl
Cilantro Lime Rice
SALSA
Corn/Black bean
Choice of Milk
Fresh Fruit

7

Cheese Pizza Slice
WG Crust
Choice of Milk
Fresh Fruit
Red/Green Bell Peppers
Hummus

1

Cheese Sticks
Tomato Soup
Choice of Milk
Fresh Fruit

2

Burger
Fries/Carrot Sticks
Fresh Fruit
WG Bun
Choice of Milk

12

Chicken Alfredo
WG Noodles
Green Beans
Choice of Milk
Fresh Fruit

13

Mac & Cheese
Veggie Blend
(Squash/Zucchini/Peppers)
Fresh Fruit
Choice of Milk

14

Cheese Pizza Slice
WG Crust
Choice of Milk
Fresh Fruit
Red Green Bell Peppers

8

Cinnamon French Toast
Fresh Fruit
Choice of Milk
Sausage
Celery Bites

9

Cheese Pizza Slice
WG Crust
Choice of Milk
Fresh Fruit
Red /Green Bell Peppers
Hummus

15

Walking Taco (Beef/Bean)
Shredded Lettuce/SALSA
Fresh Fruit
Choice of Milk
Cauliflower/Broccoli Bites

16

19

20

21



HAPPY TURKEY DAY!

22

23

WG Cheesy Bread
Green Beans/Celery Sticks
Marinara
Choice of Milk
Fresh Fruit

26

Beef Spaghetti
Garden Salad
(Spinach, Tomatoes, Carrots)
WG Garlic Bread
Choice of Milk
Fresh Fruit

27

WG Corn Dogs
Carrot Bites/Corn
WG Breadding
Choice of Milk
Fresh Fruit

28

Cheese Pizza Slice
WG Crust
Choice of Milk
Fresh Fruit
Red/Green Bell Peppers
Hummus

29

Pizza/Cheese Bosco Stick
Vegetable Soup
Choice of Milk
Fresh Fruit

30