

# 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 INSTITUTION IS AN EQUAL OPPURTUNITY EMPLOYER**

Monday



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

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

12

Chicken Alfredo  
WG Noodles  
Green Beans  
Choice of Milk  
Fresh Fruit

13

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

Wednesday



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

7

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

14

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

28

Thursday

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

1

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

8

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

15



HAPPY TURKEY DAY!

22

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

29

Friday

Cheese Sticks  
Tomato Soup  
Choice of Milk  
Fresh Fruit

2

Cinnamon French Toast  
Fresh Fruit  
Choice of Milk  
Sausage  
Celery Bites

9

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

16

23

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

30