

November 2017

JUST A DASH CATERING

LUNCH



School Information: Milk, PB & J, Fruit, & Salad Bar



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.

Monday

Tuesday

Wednesday

Thursday

Friday



Meat Loaf & Gravy. 1
Butter Potato
Golden Corn
Bread Stick

Popcorn Chicken 2
Celery Bites

Pizza Slice 3
Hummus
Red Peppers

BBQ Riblets 6
Greek Salad

Corn Dog 7
Cucumbers

Cheddar Bay Biscuit 8
Turkey pot pie (Cheddar
Biscuit, Celery, peas,
carrots, potato)

Buffalo or BBQ Bonele 9
Wing
Onion Rings

Pizza Slice 10
Hummus
Red Peppers

Nachos 13
Lettuce/ Tomatoes
Roasted Corn & Black
Beans

Homemade Chili/ Ho 14
WG Crackers
Golden Corn

Grilled Chicken /Grav 15
Garlic Potatoes
Sweet Peas
Dinner Roll

Cheese Burger 16
Spinach Salad

Pizza Slice 17
Hummus
Red Peppers

20

21

22

23

24

Happy Thanksgiving

Mini Berry French To 27
Turkey Sausage
Hash Brown

Orange Chicken 28
WG Rice
Garden Salad
Carrots /Cucumbers/
Tomato

Mac & Cheese 29
Veggie Blend
(Green Snap pea,
Cauliflower, Red peppers

Turkey Sub 30
Broccoli Cheese Soup

