

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p>Breakfast Hard Boiled Egg CK Fruit Salad, Milk</p> <p>Lunch Black-eyed Peas and Collards Corn Bread, Collards Orange, Milk</p>	<p>30</p> <p>Breakfast Seasonal Baked Good, Yogurt CK Fruit Salad, Milk</p> <p>Lunch Chicken Taco Platter, Bean Taco Platter Brown Jasmine Rice, Corn Watermelon, Milk</p>	<p>31</p> <p>Breakfast Oatmeal Apple, Milk</p> <p>Lunch Orange Mac and Cheese Cauliflower Cinnamon Apple, Milk</p>	<p>1</p> <p>Breakfast Cereal Apple, Milk</p> <p>Lunch Chicken Teriyaki, Teriyaki Tofu Brown Jasmine Rice, Carrot Sticks Apple, Milk</p>	<p>2</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Cheese Burger, Veggie Burger Potato Orange, Milk</p>
<p>5</p> <p>Breakfast Hard Boiled Egg, Toast Apple, Milk</p> <p>Lunch Vegetable Curry, Tofu Brown Jasmine Rice, Assorted Vegetables Mandarin, Milk</p>	<p>6</p> <p>Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk</p> <p>Lunch Beef Burrito, Bean and Cheese Burrito Winter Squash Apple, Milk</p>	<p>7</p> <p>Breakfast Oatmeal Cinnamon Apple, Milk</p> <p>Lunch Sloppy Joes, Veggie Joes Roasted Potato Orange, Milk</p>	<p>8</p> <p>Breakfast Cereal CK Fruit Salad, Milk</p> <p>Lunch Pasta Marinara CK Romaine Slaw Pear, Milk</p>	<p>9</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Hot Dog, Veggie Burger Cauliflower Orange, Milk</p>
<p>12</p> <p>Veterans Day</p>	<p>13</p> <p>Breakfast Hard Boiled Egg, Toast Apple, Milk</p> <p>Lunch Minestrone with Lentil, Bread Assorted Vegetables Mandarin, Milk</p>	<p>14</p> <p>Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk</p> <p>Lunch Nachos with Beans Tortilla Chips Apple, Milk</p>	<p>15</p> <p>Breakfast Oatmeal Cinnamon Apple, Milk</p> <p>Lunch BBQ Chicken, BBQ Tofu Brown Jasmine Rice, Winter Squash Orange, Milk</p>	<p>16</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Lemon Pepper Chicken Brown Pepper Tofu, Butter Pasta, Broccoli Mandarin, Milk</p>
<p>19</p>	<p>20</p>	<p>21</p> <p>Thanksgiving Break</p>	<p>22</p>	<p>23</p>
<p>26</p> <p>Breakfast Hard Boiled Egg, Toast Apple, Milk</p> <p>Lunch Orange Mac and Cheese Broccoli Mandarin, Milk</p>	<p>27</p> <p>Breakfast Yogurt Parfait, Granola CK Fruit Salad, Milk</p> <p>Lunch Bean Taco Platter Brown Jasmine Rice Apple, Milk</p>	<p>28</p> <p>Breakfast Oatmeal Cinnamon Apple, Milk</p> <p>Lunch Shepard's Pie, Lentil Pie, Toast Assorted Vegetables Orange, Milk</p>	<p>29</p> <p>Breakfast Seasonal Baked Good, Yogurt CK Fruit Salad, Milk</p> <p>Lunch Korean Chicken Bowl, Korean Veggie Bowl Brown Jasmine Rice, Cauliflower Mandarin, Milk</p>	<p>30</p> <p>Breakfast Scrambled Eggs, Toast Apple, Milk</p> <p>Lunch Chicken Alfredo, Mac and Cheese Carrot Sticks Banana, Milk</p>



WILLOW CREEK ACADEMY

Meals will be prepared with fresh local organic seasonal sustainable and non gmo ingredients as best we can. Substitutions may occur based on availability of ingredients

