November 2019 ECS School Lunch menu — Grades K-5

		Gluten-Free Options	Vegetarian Options	Dairy-Free Options
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
				11/1
				Half Day-- Bagged Lunches Turkey & Cheese Sandwich Fruit Chips Salsa Cup **Gluten Free Sandwich** **Cheese Sandwich** **Turkey Sandwich**
11/4	11/5	11/6	11/7	11/8
Potato & Cheese Pierogis in a Buttery Sauce Green Beans Ranch Dressing Fresh Apple **Egg Salad** **Egg Salad Sandwich**	 **No School**	**Sloppy Joe** Whole Grain Bun Mashed Potatoes Sliced Peaches Applesauce **Veggie Crumble Joe** **Seasoned Corn (instead of mashed potatoes)**	**Chicken Teriyaki** Brown Rice Side Salad Sweet Potatoes Fresh Pear **Vegan "Chicken" Teriyaki**	**Homemade Pepperoni Calzone** Marinara Sauce Cranberry & Spinach Salad Fresh Orange **Gluten-Free Calzone** **Veggie Calzone** **Dairy Free Pepperoni & Veg Calzone**
11/11	11/12	11/13	11/14	11/15
Half Day-- Bagged Lunches Turkey & Cheese Sandwich Fruit Chips Salsa Cup **Gluten Free Sandwich** **Cheese Sandwich** **Turkey Sandwich**	**Breakfast for Lunch A** Turkey Sausage Pancakes Morning-Style Potatoes Apple Juice Maple Flavored Syrup **GF French Toast** **with Veggie Sausage Patty**	**Beef Southwest Nachos** with Beef & Beans Tortilla Chips Salsa Chopped Romaine & Iceberg Sour Cream Shredded Cheddar Pineapple Tidbits **Veggie Crumble & Bean Mix**	**Hot Dog** Whole Grain Bun Baked Beans Sliced Peppers Ketchup Packet Mustard Packet Fresh Pear **Black Bean Burger** **Whole Grain Bun**	**Meatballs with** Peppers, Onions, Marinara Mozzarella Cheese Whole Grain Hoagie Bun Seasoned Steamed Broccoli Fresh Orange **Black Bean "Meatballs"**
11/18	11/19	11/20	11/21	11/22
Lo Mein Noodles Whole Grain Spaghetti in Asian Sauce with Chicken and Mixed Vegetables Broccoli Fresh Apple **with TVP "Chicken"**	**Dipper Day!** Chicken Nuggets Bread Stick Ranch Dip Chocolate Hummus Carrot Sticks Fruit Cocktail **Vegan "Chicken" Dippers!**	**Chicken Southwest Nachos** Seasoned Chicken Tortilla Chips Chopped Romaine & Iceberg Salsa Sour Cream Shredded Cheddar Pineapple Tidbits **Southwest Tofu Nachos**	**Barbecue Burger** Whole Grain Bun Barbecue Sauce Pickles Mashed Potatoes Black and Gold Salad Fresh Pear **BBQ Black Bean Burger** **Seasoned Corn (instead of mashed potatoes)**	**Penne with Meat Sauce** Carrot Sticks Ranch Dip Fresh Orange **Penne with Meat Sauce** **Black Beans and** **Penne & Veggie Crumble Sauce**
11/25	11/26	11/27	11/28	11/29
Chicken Fried Rice with Peas and Carrots Seasoned Corn Fresh Apple **Vegan "Chicken" Fried Rice**	**Harvest Meal** A Thanksgiving-themed meal **Allergen-Friendly Harvest Meal**	**Half Day-- Bagged Lunches** Turkey & Cheese Sandwich Fruit Chips Salsa Cup **Gluten Free Sandwich** **Cheese Sandwich** **Turkey Sandwich**	 **No School**	 **No School**

Menu items Subject to Change

Gluten-Free and Dairy-free meals are available to students with a medical statement on file.

Gluten free items are prepared in a kitchen that proceses flour and other wheat-containing ingredients.

November 2019 ECS School Breakfast menu Grades K-5

Gluten-Free Options | Vegetarian Options | Dairy-Free Options

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				11/1
				Apple Coffee Cake Fresh Pear Orange Juice **Granola Cup**
11/4	11/5	11/6	11/7	11/8
	 No School		**Scrambled Eggs** Shredded Cheddar Whole Grain Tortillas Raisins Orange Juice	**Banana Blueberry Coffee Cake** Fresh Pear Orange Juice **Granola Cup**
11/11	11/12	11/13	11/14	11/15
	English Muffin Egg Patty Fresh Apple House Made Berry Preserves Orange Juice		**French Toast Sticks** Turkey Bacon Sliced Peaches Syrup Orange Juice **GF French Toast** **Veggie Sausage**	**Peachy Keen Coffee Cake** Fresh Pear Apple Juice **Granola Cup**
11/18	11/19	11/20	11/21	11/22
	English Muffin Turkey Canadian Bacon Fresh Apple House Made Berry Preserves Orange Juice **Veggie Sausage**		**Scrambled Eggs** Shredded Cheddar Whole Grain Tortillas Raisins Orange Juice	**Banana Blueberry Coffee Cake** Fresh Pear Orange Juice **Granola Cup**
11/25	11/26	11/27	11/28	11/29
	English Muffin Egg Patty Fresh Apple House Made Berry Preserves Orange Juice		 **No School**	 **No School**

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