

## St Stephen's Episcopal School Menu November--2023

Monday 30-Oct	Tuesday 31-Oct	Wednesday 1-Nov	Thursday 2-Nov	Friday 3-Nov
		Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit  V-Veggie Nuggets Grilled Cheese Sandwich	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit  V-Fried Rice with Grilled Tofu, Carrots & Lima Beans Hot Dog	Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit  V-Vegetarian Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce Grilled Chicken and Cheese Wrap
6-Nov Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit  V-Eggplant Parmesan Turkey & Cheddar Sandwich	7-Nov Chicken & Cheese Quesadillas, Steamed Rice, Black Beans, Fresh Cut Fruit  V-Cheese Quesadillas Crispy Chicken Sandwich	8-Nov Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit  V-Broccoli, Cauliflower & Cheese Casserole with Grilled Tofu Grilled Cheese Sandwich	9-Nov Baked Chicken Breast with Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit  V-Grilled Tofu with Anaheim Sauce Hot Dog	10-Nov Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit  V-Baked Cheese Sticks and Waffles Grilled Chicken and Cheese Wrap
13-Nov Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit  V-Macaroni and Cheese with Grilled Tofu Turkey & Cheddar Sandwich	14-Nov Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit  V-Vegetarian Tamales Crispy Chicken Sandwich	15-Nov Oven Roasted Turkey, Mashed Potatoes, Green Beans, Dinner Roll, Fresh Cut Fruit  V-Tofurkey Grilled Cheese Sandwich	16-Nov Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit  V-Spaghetti with TVP, Diced Vegetables & Marinara Sauce Hot Dog	17-Nov EARLY DISMISSAL
20-Nov SCHOOL CLOSED	21-Nov SCHOOL CLOSED	22-Nov SCHOOL CLOSED	23-Nov SCHOOL CLOSED	24-Nov SCHOOL CLOSED
27-Nov Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit  V-Grilled Tofu with Alfredo Sauce Turkey & Cheddar Sandwich	28-Nov Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit  V-Assorted Cheese Wrap Turkey and Cheese Wrap with Mayo & Lettuce	29-Nov Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit  V-Veggie Nuggets Grilled Cheese Sandwich	30-Nov Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit  V-Fried Rice with Grilled Tofu, Carrots & Lima Beans Hot Dog	1-Dec

\*Vegetarian Substitute