

DOWNTOWN JEWISH  
NOVEMBER 2022

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	<b>November 1</b> Chicken nuggets Sweet Potatoes Fries Peas and Carrots Fruit	<b>November 2</b> Ground Beef White Rice Green beans Fruit	<b>November 3</b> Wheat Penne pasta with alfredo Sauce and Broccolini Garlic Bread Fruit	<b>November 4</b> Whole Wheat pizza Sliced Tomato & cucumber Fruit and cookie
<b>November 7</b> Chicken schnitzel Roasted potatoes Corn Fruit	<b>November 8</b> Ground Beef Brown Rice Peas and Carrots Fruit	<b>November 9</b> Fish sticks Israeli couscous Edamame Fruit	<b>November 10</b> Mac and Cheese Veggies Sautee Garden salad Fruit	<b>November 11</b> Whole Wheat pizza Sliced Tomato & cucumber Fruit and cookie
<b>November 14</b> Wheat Penne pasta with alfredo Sauce and Broccolini Garlic Bread Fruit	<b>November 15</b> Chicken sauté Roasted Potatoes Corn Fruit	<b>November 16</b> Meatballs White rice Green Beans. Fruit	<b>November 17</b> Penne pasta with parmesan cheeses Wheat Bread Carrots Fruit	<b>November 18</b> Whole Wheat pizza Sliced Tomato & cucumber Fruit and cookie
<b>November 21</b> Meatballs Penne Pasta Peas and carrots Fruit	<b>November 22</b> Chicken nuggets Potatoes Fries Peas and Carrots Fruit	<b>November 23</b>  <b>NO SCHOOL</b>	<b>November 24</b>  <b>NO SCHOOL</b>	<b>November 25</b>  <b>NO SCHOOL</b>
<b>November 28</b> Mac and Cheese Garlic bread Green Beans Fruit	<b>November 29</b> Meat Loaf White Rice Peas and Carrots Fruit	<b>November 30</b> Veggie nuggets Sweet Potatoes Fries Mixed Veggies Fruit		