

Common Ground
002 - COMMON GROUND HS
LUNCH NOV 2017

Oct 30, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 *HAMBURGER ON A BUN VEGGIE BURGER W/BUN SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE* *CHIPS,BAKED LAYS	Nov - 2 TUNA SALAD SANDWICH EGG SALAD SANDWICH SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE* *CHIPS,BAKED LAYS	Nov - 3 FISH STICKS VEGGIE BURGER W/BUN TURKEY STEW WITH ROLL* MASHED POTATOES* PEAS SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE* *CIABATTA ROLLS
Nov - 6 *CHICK ON BUN* VEGGIE BURGER W/BUN PASTA SALAD SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	Nov - 7 SAUSAGE AND PEPPER SUB* VEGAN SAUSAGE* SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE* *CIABATTA ROLLS	Nov - 8 MEATBALL SUB* MEATLESS "MEATBALLS" SUB* *CHIPS,BAKED LAYS SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	Nov - 9 BAKED CHICKEN *CIABATTA ROLLS VEGGIE CHICKEN CUTLETTTE PASTA PRIMAVERA SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	Nov - 10 NO SCHOOL

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 13 CHICKEN FAJITAS VEGGIE "CHICKEN" TACOS PASTA SALAD SALSA CHEESE SAUCE SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	Nov - 14 *BEEF HOT DOG WITH BUN* TOFU DOG W/BUN BAKED BEANS (VEGETARIAN) SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	Nov - 15 SPANISH RICE *AMERICAN CHOP SUEY VEGGIE* SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE* *CIABATTA ROLLS PARMESAN CHEESE	Nov - 16 THANKSGIVING SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	Nov - 17 POT LUCK SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*
Nov - 20 POT LUCK SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	Nov - 21 TUNA SALAD SANDWICH EGG SALAD SANDWICH *CHIPS,BAKED LAYS *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *CARROT STICKS* *CELERY STICKS*	Nov - 22 NO LUNCH	Nov - 23 THANKSGIVING	Nov - 24 THANKSGIVING

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 27	Nov - 28	Nov - 29	Nov - 30	
MEATLESS "MEATBALLS" SUB* MEATBALL SUB* SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	SOUTHERN FRIED CHICKEN WAFFLES,WHOLE GRAIN* VEGGIE CHICKEN CUTLETTTE SYRUP,PANCAKE SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	PORK TENDERLOIN * VEGGIE BURGER W/BUN SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE* *CIABATTA ROLLS	*BACON AND EGG SANDWICH* *EGG SALAD SANDWICH*ROLL POTATO PUFFS SALAD BAR SALAD DRESSING *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* MIXED GARDEN VEGGIES *SOUP VEGGIE GUMBO *SOUP CHICKEN NOODLE*	

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