

NOVEMBER 2019

COMMON GROUND HIGH SCHOOL

EVERYDAY, 1% CHOCOLATE, FAT FREE, LACTAID, AND SOY MILK, DAIRY FREE, GLUTEN FREE, VEGETARIAN, VEGAN OPTIONS, DRESSINGS AND CONDIMENTS, MIXED GARDEN VEGGIES, SALAD AND ASSORTED FRUIT

Monday

Tuesday

Wednesday

Thursday

Friday

NACHO DAY!
WITH VEGGIE CHILI

4

CHICKEN PARM
VEGGIE PARM
HERB PASTA]

5

BEEF MEATBALL SUB
VEGGIE MEATLESS BALL SUB
CHIPS

6

CHICKEN CAESAR SALAD
VEGAN CAESAR SALAD
GARLIC BREAD

7

LASAGNA
GARLIC BREAD

1

BEEF STEW
VEGGIE STEW

8

NO SCHOOL

11

TURKEY BURGER
VEGGIE BURGER
CHIPS

12

CHICKEN PATTY
VEGGIE PATTY
PASTA SALAD

13

BEEF BURGER
VEGGIE BURGER
FRIES

14

BAKED CHICKEN
VEGAN NUGGETS
MASHED POTATO

15

BREAKFAST FOR LUNCH!
ENGLISH MUFFIN SANDWICH
HOMEFIRES

18

CARRIBEAN DAY!
JAMAICAN PATTY
STEAM CABBAGE
RICE

19

CHILI DOG DAY
CHIPS

20

BAR B Q SHREDDED CHICKEN
VEGGIE BAR B Q
PASTA SALAD

21

PORK TENDERLOIN
FALAFEL
CABBAGE
GARLIC POTATO

22

MAC AND CHEESE DAY

25

CGHS
THANKSGIVING
FEAST

26

COMMUNITY
SERVICE DAY

27

HOLIDAY BREAK

28

HOLIDAY BREAK

29

