

## VCFC October 29 – November 30, 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 29 Black Beans and Rice w/ diced tomatoes Flour tortilla on the side Pineapple Milk	October 30 Spinach Lasagna Mixed Vegetables Banana Bread Sticks Milk	October 31 Turkey and Cheddar Sandwiches on whole wheat bread Cucumber Slices Strawberries Milk	November 1 Cheese Ravioli in Marinara Sauce Spinach Salad with Italian Dressing Orange Wedges Wheat Roll Milk	November 2 Hamburger on a whole wheat bun w/ lettuce & tomato steamed butternut squash Cantaloupe Milk
November 5 Teriyaki Tofu Rice Mixed Vegetables Pineapple Milk	November 6 Baked Spaghetti w/ Meat Sauce Green Beans Orange Wedges Bread Sticks Milk	November 7 Turkey and Cheddar Sandwiches on whole wheat bread Carrot Sticks Strawberries Milk	November 8 Macaroni & Cheese Mixed Greens Salad with tomatoes and Italian Dressing Mandarin Oranges Wheat Roll Milk	November 9 Turkey w/ Gravy Mashed Potatoes Cornbread Honey Dew Melon Milk
November 12 Red Beans and Rice Corn Fresh Pears Cornbread Milk	November 13 Cheese Tortellini in Alfredo Sauce Spinach Salad with Italian Dressing Banana Bread Sticks Milk	November 14 Turkey and Cheddar Sandwiches on whole wheat bread Cucumber Slices Orange Wedges Milk	November 15 Cheese Ravioli in Marinara Sauce Steamed Zucchini Applesauce Wheat Roll Milk	November 16 Open-face Chicken Pot Pie w/ Biscuit Green Beans Pineapple Milk
November 19 Quinoa with peas and carrots Sliced cucumbers Pineapple Milk	November 20 Spinach Lasagna Steamed Zucchini Orange Wedges Wheat Roll Milk	November 21 Turkey and Cheddar Sandwiches on whole wheat bread Carrot Sticks Fresh Pears Milk	<b>Thanksgiving Holiday</b>	<b>Thanksgiving Holiday</b>
November 26 Black Beans and Rice w/ diced tomatoes Flour tortilla on the side Pineapple Milk	November 27 Baked Spaghetti w/ Meat Sauce Green Beans Orange Wedges Bread Sticks Milk	November 28 Turkey and Cheddar Sandwiches on whole wheat bread Cucumber Slices Strawberries Milk	November 29 Whole Wheat Penne Pasta w/ Marinara Sauce Mixed Green Salad w/ Ranch dressing on the side Mandarin Oranges Bread Sticks	November 30 Beef Cutlet with Mushroom Sauce Baked Sweet Potatoes Cornbread Applesauce Milk