

## Island Public School November 2018 Nutrition Program Menu

Monday Oct. 29		Tuesday Oct. 30		Wednesday Oct. 31		Thursday, Nov. 1		Friday Nov. 2	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> <li>Meat Ball Submarine</li> <li>Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>Apple Sauce</li> <li>Yogurt Tube</li> <li>Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Fiery Fish Taco</li> <li>Baked Fries</li> <li>Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>Pears</li> <li>Cheese Slices</li> <li>Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Burger</li> <li>Cream of Broccoli Soup</li> </ul>	<ul style="list-style-type: none"> <li>Kiwi Slice</li> <li>Fruit Yogurt Tube</li> <li>Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Chili Mac 'n' Cheese</li> <li>Garden &amp; Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>Oranges</li> <li>Cheese Slices</li> <li>Breakfast Pita</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Souvlaki</li> <li>Lemon Rice</li> <li>Greek Salad</li> </ul>	<ul style="list-style-type: none"> <li>Apple Sauce</li> <li>Yogurt Tube</li> <li>Bread Stick</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Falafel Submarine</li> <li>Caesar Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Taco</li> <li>Baked Fries</li> <li>Coleslaw</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Burger</li> <li>Cream of Broccoli Soup</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Chili Mac 'n' Cheese</li> <li>Garden &amp; Chickpea Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Tofu Souvlaki</li> <li>Lemon Rice</li> <li>Greek Salad</li> </ul>	
Monday 5		Tuesday 6		Wednesday 7		Thursday 8		Friday 9	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> <li>Loaded Beef Taco</li> <li>Basmati Rice</li> <li>Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Red Lentil Soup with Lemon &amp; Herb</li> <li>Grilled Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Apples</li> <li>Yogurt Tube</li> <li>Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Strip Wrap</li> <li>Spicy Oven Fries</li> <li>Broccoli Spears</li> </ul>	<ul style="list-style-type: none"> <li>Baby Carrots</li> <li>Cheese Slice</li> <li>Pita</li> </ul>	<ul style="list-style-type: none"> <li>Tomato &amp; Feta Bake</li> <li>Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Pears</li> <li>Yogurt Tube</li> <li>Scone</li> </ul>	<ul style="list-style-type: none"> <li>Panko Breaded Sole</li> <li>Oven Roasted Potatoes</li> <li>Garden Greens</li> </ul>	<ul style="list-style-type: none"> <li>Kiwi</li> <li>Wow Butter</li> <li>Rice Cracker</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Vegetarian Taco</li> <li>Basmati Rice</li> <li>Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Red Lentil Soup with Lemon &amp; Herb</li> <li>Grilled Cheese</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Falafel Wrap</li> <li>Spicy Oven Fries</li> <li>Broccoli Spears</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Tomato &amp; Feta Bake</li> <li>Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Breaded Eggplant</li> <li>Oven Roasted Potatoes</li> <li>Garden Greens</li> </ul>	
Monday 12		Tuesday 13		Wednesday 14		Thursday 15		<b>P.A. Day No School</b>	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack		
<ul style="list-style-type: none"> <li>Oven Fried Chicken</li> <li>Potato Wedges</li> <li>Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Sliced Apples</li> <li>Cheese Slice</li> <li>Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Burger</li> <li>Oven Fries</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Baby Carrots</li> <li>Yogurt Tube</li> <li>Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Strip Wrap</li> <li>Pasta Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Orange Slices</li> <li>Wow Butter</li> <li>Rice Cake</li> </ul>	<ul style="list-style-type: none"> <li>Philly Cheese Perogies</li> <li>Caesar Kale and Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>Kiwi Wedge</li> <li>Fruit Yogurt Tube</li> <li>Cookie</li> </ul>		
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Samosa</li> <li>Potato Wedges</li> <li>Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Cheese Burger</li> <li>Oven Fries</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Falafel Wrap</li> <li>Pasta Salad</li> <li>Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Vegetarian Biryani with Chickpeas</li> <li>Sliced Carrots</li> </ul>			
Monday 19		Tuesday 20		Wednesday 21		Thursday 22		Friday 23	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> <li>Meat Ball Submarine</li> <li>Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>Apple Sauce</li> <li>Yogurt Tube</li> <li>Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Fiery Fish Taco</li> <li>Baked Fries</li> <li>Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>Pears</li> <li>Cheese Slices</li> <li>Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Burger</li> <li>Cream of Broccoli Soup</li> </ul>	<ul style="list-style-type: none"> <li>Kiwi Slice</li> <li>Fruit Yogurt Tube</li> <li>Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Chili Mac 'n' Cheese</li> <li>Garden &amp; Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>Oranges</li> <li>Cheese Slices</li> <li>Breakfast Pita</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Souvlaki</li> <li>Lemon Rice</li> <li>Greek Salad</li> </ul>	<ul style="list-style-type: none"> <li>Apple Sauce</li> <li>Yogurt Tube</li> <li>Bread Stick</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Falafel Submarine</li> <li>Caesar Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Baked Fries</li> <li>Coleslaw</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Burger</li> <li>Cream of Broccoli Soup</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Chili Mac 'n' Cheese</li> <li>Garden &amp; Chickpea Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Tofu Souvlaki</li> <li>Lemon Rice</li> <li>Greek Salad</li> </ul>	
Monday 26		Tuesday 27		Wednesday 28		Thursday 29		Friday 30	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> <li>Loaded Beef Taco</li> <li>Basmati Rice</li> <li>Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Red Lentil Soup with Lemon &amp; Herb</li> <li>Grilled Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Apples</li> <li>Yogurt Tube</li> <li>Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Strip Wrap</li> <li>Spicy Oven Fries</li> <li>Broccoli Spears</li> </ul>	<ul style="list-style-type: none"> <li>Baby Carrots</li> <li>Cheese Slice</li> <li>Pita</li> </ul>	<ul style="list-style-type: none"> <li>Tomato &amp; Feta Bake</li> <li>Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Pears</li> <li>Yogurt Tube</li> <li>Scone</li> </ul>	<ul style="list-style-type: none"> <li>Panko Breaded Sole</li> <li>Oven Roasted Potatoes</li> <li>Garden Greens</li> </ul>	<ul style="list-style-type: none"> <li>Kiwi</li> <li>Wow Butter</li> <li>Rice Cracker</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Vegetarian Taco</li> <li>Basmati Rice</li> <li>Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Red Lentil Soup with Lemon &amp; Herb</li> <li>Grilled Cheese</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Falafel Wrap</li> <li>Spicy Oven Fries</li> <li>Broccoli Spears</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Tomato &amp; Feta Bake</li> <li>Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Breaded Eggplant</li> <li>Oven Roasted Potatoes</li> <li>Garden Greens</li> </ul>	

➤ Please note that the menu is subject to change without notice due to the availability of certain food products or through unexpected generous food donations©