

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Grilled chicken with grilled zucchini, squash and eggplant	2	3
4	5 Olive oil and garlic pasta with apple	6 Black bean soup over rice	7 Cheese quesadilla with mexican rice	8 Pineapple and broccoli chicken over rice	9	10
11	12 Alfredo basil pasta with fresh tomatoes	13 Chickpea and potato stew over rice	14 Hummus platter with vegetables and cheese	15 Grilled chicken (or eggplant) with baked potato (side cheese)	16	17
18	19 Pasta with marinara and applesauce	20 Tomato soup with grilled cheese	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24
25	26 Macaroni and cheese with marinara	27 Coconut vegetable soup	28 Chicken, black bean and cheese tacos (or bean and cheese) with mexican rice	29 Chicken stir fry over rice	30	1
2	3	NOTES				