

November

2017

Calendar Month

Calendar Year



Monday	Tuesday	Wednesday	Thursday	Friday
		01 Banana muffin ¹²³ Low fat yogurt ¹ Pear Milk	02 Whole wheat cheerios Cantaloupe Milk	03 Closed
06 Scrambled eggs w/peppers ² Whole wheat bread ³⁶ Banana Milk	07 Oatmeal w/ toppings ¹ Honeydew Milk	08 Carrot muffin ¹²³ Low fat yogurt ¹ Cantaloupe Milk	09 Whole wheat cheerios Pineapple Milk	10 Closed
13 Chilaquiles ² Whole wheat bread ³⁶ Banana Milk	14 Oatmeal w/ toppings ¹ Pineapple Milk	15 Zucchini muffin ¹²³ Low fat yogurt ¹ Cantaloupe Milk	16 Whole wheat cheerios Honeydew Milk	17 Eggs and Potatoes ² Whole wheat bread ³⁶ Pear Milk
20 Turkey Sausage Whole grain waffle ³ Banana Milk	21 Oatmeal w/ toppings Pineapple Milk	22 Carrot muffin ¹²³ Low fat yogurt ¹ Cantaloupe Milk	23 Closed	24 Closed
27 Scrambled eggs w/peppers ² Whole wheat bread ³⁶ Pineapple Milk	28 Oatmeal w/ toppings ¹ Orange Milk	29 Banana muffin ¹²³ Low fat yogurt ¹ Honeydew Milk	30 Whole wheat cheerios Cantaloupe Milk	

Notes: This menu is subject to change. Green: Local Produce

¹Dairy, ²Egg, ³Gluten, ⁴Seafood, ⁵Beans, ⁶Soy, ⁷Lentils

BREAKFAST



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Monday	Tuesday	Wednesday	Thursday	Friday
		01 Paella Green Salad Banana Milk	02 Chow Mein w/ tofu ⁶ Whole wheat pasta ³ Green Salad Apple Milk	03 Closed
06 Enchiladas ¹⁵ Green Salad Apple Milk	07 Penne Pasta with Chicken and Broccoli ³ Pear Milk	08 Lentil Sweet potato Stew ⁷ Cheese Sandwich ¹³ Honeydew Milk	09 Beef w/ vegetables Barley/Quinoa ³ Carrots Banana Milk	10 Closed
13 Special Tacos ⁶ Green Salad Apple Milk	14 BBQ Chicken Whole wheat roll ³ Corn with peppers Orange Milk	15 Fried rice with Fish ⁴ Broccoli Pear Milk	16 International Day Turkey	17 Greek Pasta Salad ¹³ Carrots Banana Milk
20 Bolognese ⁷ Whole wheat pasta ³ Green Salad Apple Milk	21 Beef Tacos Pico de gallo Cantaloupe Milk	22 Chicken Stew Barley/Quinoa ³ Green Beans Pear Milk	23 Closed	24 Closed
27 Black Beans ⁵ Brown rice Sweet potato Banana Milk	28 Chicken Stir Fry w/ carrots Brown rice Apple Milk	29 Pumpkin Soup Grilled cheese sandwich ¹³ Green Salad Orange Milk	30 Beef Bolognese Whole wheat pasta ³ Green Salad Pear Milk	

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DC Bilingual
Public Charter School
Together We Lead Juntoos Somos Líderes

LUNCH



Turkey is located between eastern Europe and western Asia. Popular spices used in Turkish food includes mint, cumin, cinnamon, cardamom, and curry powder. On November 16th, CentroNía will prepare Turkish style Marinated Yogurt Lemon Chicken.