

NOVEMBER 2018

Cabot School



Monday

Tuesday

Wednesday

Thursday

Friday

Grilled Cheese
Choice of Corn Chowder
or Tomato Soup (GF)

5

Daily Salad Bar
Fresh Fruit
Milk

Teriyaki Chicken
Brown Rice
Stir-Fried Veggies (Peppers, Onions,
Edamame, Broccoli, Cauliflower, Carrots)

12

Daily Salad Bar
Fresh Fruit
Milk

Shepherd's Pie (GF)
(Beef & Veggie or Vegetarian)

19

Daily Salad Bar
Fresh Fruit
Milk

Macaroni and Cheese
Roasted Broccoli

26

Daily Salad Bar
Fresh Fruit
Milk

Chicken or Veggie
Quesadilla
Black Beans
Rice

6

Daily Salad Bar
Fresh Fruit
Milk

Taco Tuesday (GF)
Hard or Soft Shell
Beef or Black Bean
Refried Beans

13

Daily Salad Bar
Fresh Fruit
Milk

Nachos! (GF)
Beef or Beans
Pico de Gallo (fresh salsa)
Queso (Cheese Sauce)

20

Daily Salad Bar
Fresh Fruit
Milk

Taco Tuesday (GF)
Hard or Soft Shell
Beef or Black Bean
Refried Beans

27

Daily Salad Bar
Fresh Fruit
Milk

Meatloaf (GF)
Mashed Potatoes
Green Beans
Dinner Roll

7

Daily Salad Bar
Fresh Fruit
Milk

Chicken Alfredo
Fettuccini Noodles
Steamed Broccoli

14

Daily Salad Bar
Fresh Fruit
Milk

No School
Thanksgiving Break

21

Beef Stew or
Hearty Vegetable Soup
Dinner Roll

28

Daily Salad Bar
Fresh Fruit
Milk

Throwback Thursday!
Sloppy Joe or
Veggie Burger
Tater Tots

1

Daily Salad Bar
Fresh Fruit
Milk

Breakfast for Lunch
French Toast Sticks, Sausage
or Bacon, Scrambled Eggs

8

Daily Salad Bar
Fresh Fruit
Milk

Spaghetti
Meat Sauce or Marinara
Roasted Cauliflower

15

Daily Salad Bar
Fresh Fruit
Milk

No School
Thanksgiving Break

22

Teriyaki Chicken
Brown Rice
Stir-Fried Veggies (Peppers, Onions,
Edamame, Broccoli, Cauliflower, Carrots)

29

Daily Salad Bar
Fresh Fruit
Milk

Pizza
Choose – Pesto, Pepperoni
Or Cheese
Caesar Salad

2

Daily Salad Bar
Fresh Fruit
Milk

No School
In-Service

9

Homemade Pizza
Choose – Pesto, Pepperoni
Or Cheese
Caesar Salad

16

Daily Salad Bar
Fresh Fruit
Milk

No School
Thanksgiving Break

23

Homemade Pizza
Choose – Pesto, Pepperoni
Or Cheese
Caesar Salad

30

Daily Salad Bar
Fresh Fruit
Milk