ELEMENTARY MENU - NOVEMBER 2026

NOVEMBER 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Elementary	Turkey Meatballs with Marinara Pasta + Caesar Salad	Teryaki Stirfry With Tofu and Rice + Raw Veg	Beefaroni Pasta + Green Salad	Red Coconut Curry With Rice + Greek Salad	Vegetarian Lasagna + Caesar Salad
NOVEMBER 9-13	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	9	10	11	12	13
Lunch - Elementary	Chow Mein With Terryaki Chicken + Caesar Salad	Turkey Sausage Hash With Peas + Green Salad	REMEMBERANCE DAY STAT	Maafe (AFRICAN STEW) + Raw Veg & Hummus	Ratatouillie Pasta + Greek Salad
NOVEMBER 16-20	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	16	17	18	19	20
Lunch - Elementary	Potato and Cheese Perogies + Caesar Salad	Vegetarian Yellow Curry with Rice + Raw Veg & Hummus	Pesto Pasta + Greek Salad	Pizza Quesadillas + Potato Salad	Vegetarian Cottage Pie + Green Salad
NOVEMBER 23-27	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	23	24	25	26	27
Lunch - Elementary	Marinara Pasta + Caesar Salad	Chicken Adobo with Rice + Greek Salad	Shahi Spiced Mac and Cheese + Raw Veg	Beef Chili with Rice and Cheese Scones + Green Salad	PRO D

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ALLERGY NOTE - Our kitchen is tree nut and peanut free, though the warehouse our kitchen is situated in is not, and so there remains a very small risk of contamination. Out of an abundance of catuion we recommend those with highly sensitive, life threatening allergies not participate in our program . We try our best but we cannot guarantee items labeled as made without gluten and/or dairy have not had some contact with either gluten or dairy. These items simply do not contain gluten or dairy as ingredients in their recipes.

DIETARY PREFERENCE NOTE - All of the meat on this menu is HALAL except the turkey. For vegetarians, we always make sure to provide a fulsome salad and work to keep our meals vegetarian at least 50% of the time.

ELEMENTARY MEAL INFO - NOVEMBER 2026

NOVEMBER 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Elementary	Trukey Meatballs with Marinara Pasta + Caesar Salad	Teryaki Stirfry With Tofu and Rice + Raw Veg	Beefaroni Pasta + Green Salad	Red Coconut Curry With Rice + Greek Salad	Vegetarian Lasagna + Caesar Salad
Portion Size	1 Meatball	1 Pan = 20-25 portions	1 Pan = 20-25 portions	1 Pan = 20-25 portions	1 Pan = 20-25 Pre Cut Portions
Common Allergens	Gluten, Egg, Soy.	Soy, Sesame	Gluten, Egg, Dairy	Mustard	Gluten, Egg, Dairy.
Dietary Restrictions	Made Without Dairy	Vegetarian, Made Without Gluten.	HALAL	Vegetarian, Made Without Gluten, Dairy.	Vegetarian.
NOVEMBER 9-13	**9**	**10**	**11**	**12**	**13**
Lunch - Elementary	Chow Mein With Terryaki Chicken + Caesar Salad	Turkey Sausage Hash With Peas + Green Salad	REMEMBERANCE DAY STAT	Maafe (AFRICAN STEW) + Raw Veg & Hummus	Ratatouillie Pasta + Greek Salad
Portion Size	1 Pan = 20-25 portions	1 Pan = 20-25 portions		1 Pan = 20-25 portions	1 Pan = 20-25 portions
Common Allergens	Gluten, Egg, Sesame.	Dairy		Soy, Mustard HUMMUS Contains Sesame.	Gluten, Dairy, Egg.
Dietary Restrictions	Made Without Dairy. HALAL	Made Without Gluten.		Vegetarian. Made Without Gluten, Dairy.	Vegetarian.
NOVEMBER 16-20	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	16	17	18	19	20
Lunch - Elementary	Potato and Cheese Perogies + Caesar Salad	Vegetarian Yellow Curry with Rice + Raw Veg & Hummus	Pesto Pasta + Greek Salad	Pizza Quesadillas + Potato Salad	Vegetarian Cottage Pie + Green Salad
Portion Size	4 Perogies	1 Pan = 20-25 portions	1 Pan = 20-25 portions	2 Pieces Per Student	1 Pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy.	Mustard. HUMMUS Contains Sesame	Gluten, Dairy, Egg.	Gluten, Dairy, Soy.	Dairy, Soy.
Dietary Restrictions	Vegetarian.	Vegetarian, Made Without Gluten, Dairy.	Vegetarian.	Vegetarian.	Vegetarian, Made Without Gluten.
NOVEMBER 23-27	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	23	24	25	26	27
Lunch - Elementary	Marinara Pasta + Caesar Salad	Chicken Adobo with Rice + Greek Salad	Shahi Spiced Mac and Cheese + Raw Veg	Beef Chili with Rice and Cheese Scones + Green Salad	PRO D
Portion Size	1 Pan = 20-25 portions	1 Pan = 20-25 portions	1 Pan = 20-25 portions	1 Pan = 20-25 portions 1 Scone Per Student	
Common Allergens	Gluten, Egg.	Gluten, Mustard, Soy.	Gluten, Mustard, Dairy.	NA	
Dietary Restrictions	Vegetarian. Made Without Dairy.	Made Without Dairy. HALAL	Vegetarian.	HALAL	

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MIDDLE/HIGH SCHOOL MENU - NOVEMBER 2026

NOVEMBER 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Mid/High	Turkey Meatballs with Marinara Pasta + Caesar Salad	Teryaki Stirfry With Tofu and Rice + Raw Veg	Beefaroni Pasta + Green Salad	Red Coconut Curry With Rice + Greek Salad	Vegetarian Lasagna + Caesar Salad
NOVEMBER 9-13	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	9	10	11	12	13
Lunch - Mid/High	Chow Mein With Terryaki Chicken + Caesar Salad	Turkey Sausage Hash With Vegetables + Green Salad	REMEMBERANCE DAY	Maafe (AFRICAN STEW) + Raw Veg & Hummus	Ratatouillie Pasta + Greek Salad
NOVEMBER 16-20	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	16	17	18	19	20
Lunch - Mid/High	Potato and Cheese Perogies + Caesar Salad	Vegetarian Yellow Curry with Rice + Raw Veg & Hummus	Pesto Pasta + Greek Salad	Pizza Quesadillas + Potato Salad	Vegetarian Cottage Pie + Green Salad
NOVEMBER 23-27	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	23	24	25	26	27
Lunch - Mid/High	Marinara Pasta + Caesar Salad	Chicken Adobo with Rice + Greek Salad	Shahi Spiced Mac and Cheese + Raw Veg	Beef Chili with Rice and Cheese Scones + Green Salad	PRO D

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DIETARY PREFERENCE NOTE - All of the meat on this menu is HALAL except the turkey. For vegetarians, we always make sure to provide a fulsome salad and work to keep our meals vegetarian at least 50% of the time.

MID/HIGH MEAL INFO - NOVEMBER 2026

NOVEMBER 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Mid/High	Trukey Meatballs with Marinara Pasta	Teryaki Stirfry With Tofu and Rice	Beefaroni Pasta	Red Coconut Curry With Rice	Vegetarian Lasagna
Entrée Portion Size	1 Meatball	1 Pan = 20-25 portions	1 Pan = 20-25 portions	1 Pan = 20-25 portions	1 Pan = 20-25 Pre Cut Portions
Common Allergens	Gluten, Egg, Soy.	Soy, Sesame	Gluten, Egg, Dairy	Mustard	Gluten, Egg, Dairy.
Dietary Restrictions	Made Without Dairy	Vegetarian, Made Without Gluten.	HALAL	Vegetarian, Made Without Gluten, Dairy.	Vegetarian.
NOVEMBER 9-13	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	9	10	11	12	13
Lunch - Mid/High	Chow Mein With Terryaki Chicken	Turkey Sausage Hash With Vegetables	REMEMBERANCE DAY	Maafe (AFRICAN STEW) + Raw Veg & Hummus	Ratatouillie Pasta
Portion Size	1 Pan = 20-25 portions	1 Pan = 20-25 portions		1 Pan = 20-25 portions	1 Pan = 20-25 portions
Common Allergens	Gluten, Egg, Sesame.	Dairy		Soy, Mustard HUMMUS Contains Sesame.	Gluten, Dairy, Egg.
Dietary Restrictions	Made Without Dairy. HALAL	Made Without Gluten.		Vegetarian. Made Without Gluten, Dairy.	Vegetarian.
NOVEMBER 16-20	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	16	17	18	19	20
Lunch - Mid/High	Potato and Cheese Perogies	Vegetarian Yellow Curry with Rice + Raw Veg & Hummus	Pesto Pasta	Pizza Quesadillas + Potato Salad	Vegetarian Cottage Pie
Portion Size	4 Perogies	1 Pan = 20-25 portions	1 Pan = 20-25 portions	2 Pieces Per Student	1 Pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy.	Mustard. HUMMUS Contains Sesame	Gluten, Dairy, Egg.	Gluten, Dairy, Soy.	Dairy, Soy.
Dietary Restrictions	Vegetarian.	Vegetarian, Made Without Gluten, Dairy.	Vegetarian.	Vegetarian.	Vegetarian, Made Without Gluten.
NOVEMBER 23-27	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	23	24	25	26	27
Lunch - Mid/High	Marinara Pasta	Chicken Adobo with Rice	Shahi Spiced Mac and Cheese	Beef Chili with Rice and Cheese Scones	PRO D
Portion Size	1 Pan = 20-25 portions	1 Pan = 20-25 portions	1 Pan = 20-25 portions	1 Pan = 20-25 portions 1 Scone Per Student	
Common Allergens	Gluten, Egg.	Gluten, Mustard, Soy.	Gluten, Mustard, Dairy.	NA	
Dietary Restrictions	Vegetarian. Made Without Dairy.	Made Without Dairy. HALAL	Vegetarian.	HALAL	

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