





November 2022

Week of November 28th—Dec 2nd

	Mon	Tue	Wed	Thu	Fri	Sat
<i>Breakfast</i>	28 Hash browns Sausage Fruit	29 Jammy Scones Oatmeal Eggs	30 Bagels w/ Cream Cheese Oatmeal; Fruit	1 Zucchini Muffins Oatmeal Eggs	2 Chef's Choice	
<i>Lunch</i>	28 Nachos Rice Beans	29 Grilled Cheese	30 Pumpkin Bolognese w/ Local pork	1 Herbed Roasted Chicken Lentil Rice Pilaf	2 Chef's Choice	
<p style="text-align: center;">New menus will be published every Thursday to allow us to take full advantage of the seasonal produce provided by the LIFE program.</p> <p style="text-align: center;">Milk is available at Breakfast and Lunch daily.</p> <p style="text-align: center;">There will be a daily salad offered with lunch along with the full salad bar.</p> <p style="text-align: center;">If your student needs any dietary accommodations please reach out to: jshaw@lopezislandschool.org</p> <p style="text-align: center;">Todos los jueves se publicarán nuevos menús que nos permitirán aprovechar al máximo los productos de temporada que ofrece el programa LIFE.</p> <p style="text-align: center;">La leche está disponible en el desayuno y el almuerzo todos los días.</p> <p style="text-align: center;">Habrá una ensalada diaria ofrecida con el almuerzo junto con la barra de ensaladas completa.</p> <p style="text-align: center;">Si su estudiante necesita adaptaciones dietéticas, comuníquese con: jshaw@lopezislandschool.org</p>						 <i>We are an equal opportunity employer</i>