Social Justice (New) Union Kitchen K-8

Nov 3

Mains: Whole Grain O's

Cereal

Sides: Banana

Nov 4 Tuesday

Mains: WG Mini Bagel

Cream Cheese

Sides: Whole Pear

Nov 5 Wednesday

Mains: Chocolate

Oatmeal Bars

Sides: Cut Orange

Wedges

Thursday

Mains: Papaya Bread

Sides: Apples

Mains: Blueberry Bread

Sides: Banana

Monday Nov 10

Mains: Chex Cereal

Sides: Banana

Nov 11 Tuesday



No service

Wednesday Nov 12

Mains: Chocolate Chip

Bread

Sides: Apples

Thursday Nov 13

Mains: Crunchy Granola

WG

Honey Yogurt

Sides: Whole Pear

Friday Nov 14

Mains: Cream Cheese

WG Mini Bagel

Sides: Strawberries

Nov 17 Monday

Mains: Whole Grain O's

Cereal

Sides: Apples

Nov 18

Nov 25

Mains: WG Mini Bagel

Cream Cheese

Sides: Cut Orange

Wedges

Tuesday

Wednesday Nov 19

Mains: Peach-Mango

Overnight Oats

Sides: Whole Pear

Thursday

Mains: WG Pumpkin

Bread

Sides: Banana

Friday

Mains: Crunchy Granola

Nov 21

WG

Nov 20

Sides: Pineapple

Nov 24 Monday

Mains: Raisin Bran

Cereal

Sides: Apples

Tuesday

Mains: Chocolate Yogurt

Parfait w/Spiced Granola

Sides: Banana

Last day of (New) Union Kitchen K-8

Social Justice (New) Union Kitchen K-8

Monday Nov 3	Tuesday Nov 4	Wednesday Nov 5	Thursday Nov 6	Friday Nov 7
Mains: Egg Fried Rice Sides: Honey Roasted Carrots Steamed Edamame Cut Orange Wedges 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Turkey Bolognese Vegan Cheese Pasta (VG) Sides: Green Beans Roasted Cherry Tomatoes Grapes 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Dinner Rolls BBQ Chicken BBQ Tofu (VG) Sides: Steamed Corn Garden Salad Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Curry Vegetables w/ White Beans Brown Rice Sides: Sweet Potatoes Roasted Peppers & Onions Pineapple 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Chimichurri Chicken Wrap Chimichurri Tofu Wrap (V) Sides: Carrots, Baby Sliced Cucumbers Cantaloupe 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Moins: Cheese Pizza w/ Mozzarella Sides: Potato Wedges Roasted Corn Pineapple 1% Low-fat Milk Skim Milk Milk, Soy Plain	Tuesday Nov 11 No service	Mains: Turkey Tacos Flour Tortilla Loaded Pinto Bean Bowl Sides: Black Beans Pico de Gallo Grapes 1% Low-fat Milk Skim Milk Milk, Soy Plain	Thursday Mains: Chicken w/ Mambo Sauce Fried Rice Tofu w/ Mambo Sauce (VG) Sides: Green Peas Steamed Carrots Cantaloupe 1% Low-fat Milk Skim Milk Milk, Soy Plain	Friday Mains: Baked Macaroni & Cheese Sides: Cauliflower Florets Roasted Broccoli Strawberries 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Moins: Pesto Pasta w/ Mozzarella Cheese Vegan Cheese Pasta (VG) Sides: Garlic Spinach Cherry Tomatoes	Mains: Brown Stew Chicken Brown Rice Brown Stew Tofu (VG) Sides: Curry Chickpeas	Wednesday Mains: Cheesy Quesadilla w/ Cheddar Cheese Sides: Pico de Gallo Elote Corn	Thursday Mains: Roasted Turkey w/ Gravy Stuffing Tofu Loaf w/ Brown Gravy (VG) Sides: Sauteed Green Beans	Friday Mains: Chicken Adobo Brown Rice Chipotle Ground Tofu (VG) Sides: Roasted Broccoli
Grapes	Cabbage w/Carrot	Pineapple	Cantaloupe	Roasted Cauliflower w/ Carrots