

November 2016

MITCH Charter School

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Entrees Altn. Hardboiled Egg and Tortilla Chips Chicken Bacon Ranch Pasta A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	2 Entrees Altn. Gluten Free Egg Salad Sandwich Teriyaki Chicken with Rice A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	3 Entrees Gluten Free Sunflower Butter and Jelly Sandwich Traditional Pizza Bagel A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	4 Entrees Dairy Free Taco Salad Bowl Taco Salad Bowl A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk
7 Entrees Altn. Gluten Free Egg Salad Sandwich Mozerella Pasta Bake A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	8 Entrees Bean and Rice Bowl-Dairy Free Turkey and Provolone Sandwich A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	9 Entrees Gluten Free Sunflower Butter and Jelly Sandwich Soft Chicken Taco A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk		11
14 Entrees Altn. Hardboiled Egg and Tortilla Chips Italian Spaghethi w/ Turkey Sausage A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	15 Entrees Chicken Cesar Salad Bowl Quinoa Curry Bowl A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	16 Entrees Pancake with Strawberry Fruit Spread Veggie Hummus Sandwich A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	17 Entrees Dairy Free Taco Salad Bowl Hawaiian Pizza Bagel A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	18 Entrees Gluten Free Sunflower Butter and Jelly Sandwich Sunflower Butter and Jelly Sandwich A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk
21 Entrees Bean and Rice Bowl-Dairy Free Chicken Pot Pie A La Carte, Sides & Drinks	22 Entrees Altn. Gluten Free Egg Salad Sandwich Greek Pasta Salad A La Carte, Sides & Drinks	23	24	25

Chocolate Skim Milk Skim Milk	Chocolate Skim Milk Skim Milk			
28 Entrees Mac and Cheese Veggie Hummus Sandwich A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	29 Entrees Bean and Rice Bowl-Dairy Free Cesar Pasta Salad with Chicken A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk	30 Entrees Altn. Hardboiled Egg and Tortilla Chips Breaded Chicken Breast Sandwich A La Carte, Sides & Drinks Chocolate Skim Milk Skim Milk		