

**NOVEMBER MENU**  
**GOURMET EXPRESS (404)371-4566**

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<p><u>Breakfast</u>  Mini Bagel/Cream Cheese or Jelly  Apple Sauce  100% Fruit Juice</p> <p><u>Lunch</u>  Garlic Chicken Pasta Salad  Black Beans  Mandarins  Milk</p>	<p><u>Breakfast</u>  Raisin Bran Cereal  Bananas</p> <p><u>Lunch</u>  BBQ Chicken Legs  Curried Cabbage  Cornbread  Diced Pears  Milk</p>	<p><u>Breakfast</u>  Granola Bars  Apple Slices  100% Fruit Juice</p> <p><u>Lunch</u>  Broccoli Mac &amp; Cheese (w/w noodles)  Roasted Cauliflower  Fruit Cocktail  Milk</p>	<p><u>Breakfast</u>  Whole Wheat Chex Mix  Whole Plums</p> <p><u>Lunch</u>  Beef Tacos  Whole Wheat Tortilla  Green Peas  Pineapple Tidbits  Milk</p>	<p><u>Breakfast</u>  Cheerios Cereal Bar  Apple Sauce  100% Fruit Juice</p> <p><u>Lunch</u>  Turkey &amp; Cheese Sandwich  Whole Wheat Bread  Grape Tomatoes  Diced Peaches  Milk</p>
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
<p><u>Breakfast</u>  Nutri-Grain Bar  Whole Apples</p> <p><u>Lunch</u>  Chicken Marinara  Whole Wheat Pasta  Grilled Vegetables  Diced Pears  Milk</p>	<p><u>Breakfast</u>  Chex Rice Cereal  Apple Sauce  100% Fruit Juice</p> <p><u>Lunch</u>  Chicken Fajitas  Wheat Tortillas  Sautéed Peppers &amp; Onions  Green Beans  Mandarins  Milk</p>	<p><u>Breakfast</u>  Cinnamon Pastry Rolls  Fresh Pear  100% Fruit Juice</p> <p><u>Lunch</u>  Mango BBQ Meatballs  Brown Rice  Citrus Glazed Carrots  Apple Slices  Milk</p>	<p><u>Breakfast</u>  Apple Cinnamon Cereal  Banana  100% Fruit Juice</p> <p><u>Lunch</u>  Beef Hot Dogs  Wheat Hot Dog Buns  Baked Beans  Fruit Cocktail  Milk</p>	<p><u>Breakfast</u>  Blueberry Muffins  Apple Sauce  100% Fruit Juice</p> <p><u>Lunch</u>  Cajun Chicken Wrap  Whole Wheat Tortilla  Baby Carrots  Pineapple Tidbits  Milk</p>

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MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
<p><u>Breakfast</u>            Whole Wheat Chex Mix            Diced Peaches            100% Fruit Juice</p> <p><u>Lunch</u>            Garlic &amp; Herb Chicken Legs            California Blend            Fruit Cocktail            Milk</p>	<p><u>Breakfast</u>            Cheerios Cereal            Apple Slices            100% Fruit Juice</p> <p><u>Lunch</u>            Beefy Mack (w/wheat noodles)            Roasted Broccoli            Sliced Oranges            Milk</p>	<p><u>Breakfast</u>            Apple Filled Pastry Frudel            Bananas</p> <p><u>Lunch</u>            Coconut Curried Chicken            Brown Rice            Pinto Beans            Mandarins            Milk</p>	<p><u>Breakfast</u>            Special K Pastry Crisps            Apple Sauce            100% Fruit Juice</p> <p><u>Lunch</u>            Garlic Chicken Alfredo Pasta            Whole Wheat Pasta            Green Beans            Pineapple Tidbits            Milk</p>	<p>NO            SCHOOL</p>

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
<p>THANKSGIVING BREAK            NO SCHOOL</p>	<p>THANKSGIVING BREAK            NO SCHOOL</p>	<p>THANKSGIVING BREAK            NO SCHOOL</p>	<p>THANKSGIVING BREAK            NO SCHOOL</p>	<p>THANKSGIVING BREAK            NO SCHOOL</p>

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MONDAY 29	TUESDAY 30			
<p>NO SCHOOL</p>	<p><u>Breakfast</u>            Golden Graham Cereal Bar            Whole Banana            100% Fruit Juice</p> <p><u>Lunch</u>            Beef Hot Dogs            (VEG) Veggie Hotdog            Wheat Hot Dog Buns            Baked Beans            Fruit Cocktail            Milk</p>			

**MENU NOTIFICATIONS**

NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK – Pork is never served

**Substitutions** – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.