



## TMS Menu November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Grass Fed Beef Burger (Hidden Veggies) Tomato & Lettuce Homemade Potato Chips Fresh Fruit	<b>2</b> Organic Chicken Paella (Organic Vegetables ) Corn Applesauce	<b>3</b> Penne Bolognese (Hidden Vegetables) Garlic Bread Mini Brownie	<b>4</b> Organic Chopped Chicken White Rice Black Beans Chocolate Pudding	<b>5</b> Pizza Day.
<b>8</b> Gluten Free Chicken Tenders Homemade Potato Chips Organic Yogurt	<b>9</b> Beef Lasagna (Hidden Vegetables) Garlic Bread Mini Brownie	<b>10</b> Hot Dog (Nitrate Free) Tater Tots Fresh Fruit	<b>11</b> Ground Turkey Picadillo Rice & Beans Corn Jell-O	<b>12</b> Pizza Day.
<b>15</b> Cheese Ravioli with Organic Pomodoro Sauce (Hidden Vegetables) Garlic Bread Chocolate Pudding	<b>16</b> Swedish Meatballs (Sauce on the side) Mashed Potatoes Apple Sauce	<b>17</b> Breakfast For Lunch Turkey Bacon Waffle Organic Yogurt Fresh Fruit	<b>18</b> Organic Chicken Teriyaki White Rice Steamed Broccoli Mini Brownie	<b>19</b> Pizza Day.
<b>22</b> Chicken and Cheese Quesadilla Chips Pico De Gallo Chocolate Pudding	<b>23</b> Turkey Burger (Hidden Veggies) Tomato & Lettuce Homemade Potato chips Sugar Cookie	<b>24 Thanksgiving Break!</b>	<b>25 Thanksgiving Day!</b>	<b>26 Thanksgiving Break!</b>
<b>29</b> Mac and Cheese Garlic Bread Fresh Fruit	<b>30</b> Beef Tacos Pico De Gallo Romaine Lettuce Shredded Cheese Sour Cream Sugar Cookie	<b>Alternative menu</b> -Gluten Free Chicken Tenders -Baked Fish Sticks (Wild Caught) -Lean Beef Sliders - Grilled Chicken Breast with Rice -Caesar Salad with Chicken -Hot Dog (Nitrate Free) -Cheese Ravioli (Pomodoro or Plain)		



## TMS Menu November 2021

### Veggie Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Veggie Burger (Hidden Veggies) Tomato & Lettuce Homemade Potato Chips Fresh Fruit	<b>2</b> Veggie Wrap Corn Applesauce	<b>3</b> Penne Pomodoro (Hidden Vegetables) Garlic Bread Mini Brownie	<b>4</b> Black Beans White Rice Diced tomatoes Chocolate Pudding	<b>5</b> Pizza Day.
<b>8</b> Lentils White Rice Organic Yogurt	<b>9</b> Veggie Lasagna Garlic bread Mini Brownie	<b>10</b> Falafel Tater Tots House Salad Fresh Fruit	<b>11</b> Black Beans White Rice Corn Jell-O	<b>12</b> Pizza Day.
<b>15</b> Cheese Ravioli with Organic Pomodoro Sauce (Hidden Vegetables) Garlic Bread Chocolate Pudding	<b>16</b> Vegetable Patty Mashed Potatoes Caesar Salad Apple Sauce	<b>17</b> Breakfast for Lunch Boiled Egg Waffle Organic Yogurt Fresh Fruit	<b>18</b> Tofu Teriyaki White Rice Steamed Broccoli Mini Brownie	<b>19</b> Pizza Day.
<b>22</b> Cheese Quesadilla Chips Pico De Gallo Chocolate Pudding	<b>23</b> Veggie Burger Tomato & Lettuce Homemade Potato Chips Sugar Cookie	<b>24 Thanksgiving Break!</b>	<b>25 Thanksgiving Day!</b>	<b>26 Thanksgiving Break!</b>
<b>29</b> Mac and Cheese Garlic Bread Fresh Fruit	<b>30</b> Beans Tacos Pico De Gallo Romaine Lettuce Shredded Cheese Sour Cream Sugar Cookie	<b>Alternative menu</b> -Gluten Free Chicken Tenders -Baked Fish Sticks (Wild Caught) -Lean Beef Sliders -Grilled Chicken Breast with Rice -Caesar Salad with Chicken -Hot Dog (Nitrate Free) -Cheese Ravioli (Pomodoro or Plain)		