



The Ramaz School



NOVEMBER 2018 MENU for the ECC and Lower Schools

			Thursday 11/1	Friday 11/2
			Zucchini Garlic Soup Cheese Tortellini Steamed Broccoli Baked Sweet Potato Kale Caesar Salad Seasonal Fresh Fruit	Tomato Rice Soup Grilled Cheese Grilled Cheese w/ Tomato Vegetable Medley Potato Chips (MS only) Chocolate Chip Cookies
Monday 11/5	Tuesday 11/6	Wednesday 11/7	Thursday 11/8 (RC)	Friday 11/9 (RC)
Vegetarian Chili Cheese/Veggie Quesadillas Brown Rice Pilaf Roasted Corn and Peppers Chunky Avocado Salsa Seasonal Fresh Fruit	Creamy Corn Soup Taco Tuesday Spanish Rice "Popcorn" Cauliflower Black Bean Edamame Salad Seasonal Fresh Fruit	Chicken Orzo Soup Shwarma w/ Pita Israeli Couscous Roasted Zucchini Israeli Salad / Chummus Seasonal Fresh Fruit	Minestrone Soup Fish Sticks Shoe string fries Sauteed Greens Housemade Coleslaw Seasonal Fresh Fruit	French Onion Soup Pizza Veggie Pizza Vegetable Medley Potato Chips (MS only) Chocolate Chip Cookies
Monday 11/12	Tuesday 11/13	Wednesday 11/14	Thursday 11/15	Friday 11/16
Split Pea Soup Macaroni and Cheese Roasted Butternut Squash Wild Mushroom Medley Quinoa Edamame Salad Seasonal Fresh Fruit	Parent Teacher Conferences No Lunch	Butternut Squash Soup BBQ Chicken Steamed Broccoli Seasoned Potato Wedges Black Bean Corn Salad Seasonal Fresh Fruit	Vegetable Gumbo Pasta Bar Roasted Brussel Sprouts Steamed Carrots Greek Salad Seasonal Fresh Fruit	Tomato Rice Soup Grilled Cheese Grilled Cheese w/ Tomato Vegetable Medley Potato Chips (MS only) Chocolate Chip Cookies
Monday 11/19	Tuesday 11/20	Wednesday 11/21	Thursday 11/22	Friday 11/23
Creamy Broccoli Soup Baked Ziti Steamed Edamame Roasted Squash Chickpea Tofu Salad Seasonal Fresh Fruit	Minestrone Soup Spaghetti with Meatballs Pesto Cauliflower Garlic Bread Focaccia Caesar Salad Seasonal Fresh Fruit	Chicken Wonton Soup Sweet and Sour Chicken Brown Rice w/ Caramelized Onion Vegetable Stir-fry Crunchy Asian Slaw Seasonal Fresh Fruit	Thanksgiving Day	Thanksgiving
Monday 11/26	Tuesday 11/27	Wednesday 11/28	Thursday 11/29	Friday 11/30
Lentil Soup Cheese/Veggie Quesadillas Spanish Rice Sauteed Spinach & Portobello Chunky Avocado Salsa Seasonal Fresh Fruit	Creamy Mushroom Soup Beef Sliders Steak Fries Baked Beans Mango Jicama Slaw Seasonal Fresh Fruit	Chicken Noodle Soup Herb Roasted Chicken Roasted Baby Potatoes Garlic Breen Beans Mixed Garden Salad Seasonal Fresh Fruit	Oatmeal w/ Toppings French Toast Scrambled Eggs Potato/Veggie Hash Caprese Salad Seasonal Fresh Fruit	Potato Leek Soup Pizza Veggie Pizza Vegetable Medley Potato Chips (MS only) Chocolate Chip Cookies

Daily Offerings:

Full Salad Bar
Tuna Salad / Flake Tuna
Hard Boiled Eggs
SunButter / Jelly / Cream Cheese
Whole Wheat Bread / WW Bagels
Plain Pasta
Fresh Fruit