



The Ramaz School



NOVEMBER 2018 MENU for the Upper School

			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 Pizza Tuna Sandwiches Vegetable Medley Potato Chips Dessert Pizza
<b>Monday 11/5</b>	<b>Tuesday 11/6</b>	<b>Wednesday 11/7</b>	<b>Thursday 11/8 (RC)</b>	<b>Friday 11/9</b>
Vegetarian Chili Cheese/Veggie Quesadillas Brown Rice Pilaf Roasted Corn and Peppers Chunky Avocado Salsa Seasonal Fresh Fruit	Creamy Broccoli Soup Burgers / Hotdogs Corn on the Cob Seasoned Curly Fries Potato Salad / Coleslaw Apple Pie / Watermelon	Chicken Noodle Soup Herb Roasted Chicken Roasted Baby Potatoes Garlic Breen Beans Mixed Garden Salad Seasonal Fresh Fruit	Minestrone Soup Fish and Chips Corn on the cob Sauteed Greens Housemade Coleslaw Seasonal Fresh Fruit	No Sessions
<b>Monday 11/12</b>	<b>Tuesday 11/13</b>	<b>Wednesday 11/14</b>	<b>Thursday 11/15</b>	<b>Friday 11/16</b>
Split Pea Soup Macaroni and Cheese Roasted Butternut Squash Wild Mushroom Medley Quinoa Edamame Salad Seasonal Fresh Fruit	Mushroom Barley Soup Meatloaf w/ Gravy Mashed Cauliflower Corn on the Cob Fruity Balsamic Salad Seasonal Fresh Fruit	Butternut Squash Soup BBQ Chicken Steamed Broccoli Seasoned Potato Wedges Black Bean Corn Salad Seasonal Fresh Fruit	Tomato Rice Soup Cheese and Veggie Paninis Roasted Brussel Sprouts Steamed Carrots Greek Salad Seasonal Fresh Fruit	Vegetable Gumbo Pizza Tuna Sandwiches Vegetable Medley Potato Chips Frosted Carrot Cake
<b>Monday 11/19</b>	<b>Tuesday 11/20</b>	<b>Wednesday 11/21</b>	<b>Thursday 11/22</b>	<b>Friday 11/23</b>
Creamy Broccoli Soup Baked Ziti Steamed Edamame Roasted Squash Chickpea Tofu Salad Seasonal Fresh Fruit	Minestrone Soup Spaghetti with Meatballs Pesto Cauliflower Garlic Bread Sticks Caesar Salad Seasonal Fresh Fruit	Chicken Noodle Soup Sweet and Sour Chicken Basmati Rice w/ Caramelized Onions Vegetable Stir-fry Spinach Citrus Salad Seasonal Fresh Fruit	Thanksgiving Day	Thanksgiving
<b>Monday 11/26</b>	<b>Tuesday 11/27</b>	<b>Wednesday 11/28</b>	<b>Thursday 11/29</b>	<b>Friday 11/30</b>
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 Orzo Soup Shwarma w/ Pita Israeli Couscous Roasted Zucchini Israeli Salad / Chummus Seasonal Fresh Fruit	Oatmeal w/ Toppings French Toast Scrambled Eggs Potato/Veggie Hash Caprese Salad Seasonal Fresh Fruit	Potato Leek Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Fudgy Brownies

**Daily Offerings:**

- Vegan entrée
- Full Salad Bar
- Tuna Salad / Flake Tuna
- Vegan Entrée Option
- Hard Boiled Eggs
- Peanut Butter / Jelly / Cream Cheese
- Assorted Bagels/Breads
- Plain Pasta
- Fresh Fruit