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# KESTREL HEIGHTS

## NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3	1 NO SCHOOL	2 NO SCHOOL
5 <b>3 Cheese Macaroni</b> Green Beans Seasonal Fresh Cut fruit	6 <b>Beef Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>Black Bean Tacos</b> Yellow Corn Seasonal Fruit	7 <b>Spaghetti &amp; Meatballs</b> Broccoli Pineapple <b>OR</b> <b>Cheesy Baked Spaghetti</b> Broccoli, Pineapple	8 <b>Chicken Alfredo</b> Carrots Seasonal Fruit <b>OR</b> <b>Veggie Alfredo</b> Carrots Seasonal Fruit	9 <b>I HEART PIZZA</b> <b>(2) Cheese Pizza</b> <b>Fruit Cup</b>
12 <b>VETERANS DAY</b>  <b>NO SCHOOL</b>	13 <b>(2) Chicken Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>(2) Black Bean Tacos</b> Yellow Corn Seasonal Fruit	14 <b>Lemon Rosemary Chicken</b> Steam Rice 5 Way Veg <b>OR</b> <b>Veggie-Rice Stir Fry Bowl</b> Broccoli & Fruit (GF)	15 <b>Chicken Quesadillas</b> Black Beans, Pineapple <b>OR</b> <b>Cheese Quesadilla</b> Black Beans, Pineapple	16 <b>I HEART PIZZA</b> <b>(2) Cheese Pizza</b> <b>Fruit Cup</b>
19 <b>Turkey Pot Pie</b> Broccoli Seasonal Fruit <b>Or</b> <b>Veggie Pot Pie</b> Broccoli Seasonal Fruit	20 <b>Beef Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>Black Bean Tacos</b> Yellow Corn Seasonal Fruit	21 <b>NO SCHOOL</b>	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>
26 <b>Cajun Chicken Fillet Sandwich</b> Garlic Green Beans Spiced Apples <b>OR</b> <b>Cajun Veggie Chicken Sandwich</b> Garlic Green Beans, Spiced Apples  Seasonal Fresh Fruit	27 <b>(2) Chicken Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>(2) Black Bean Tacos</b> Yellow Corn Seasonal Fruit	28 <b>Chicken n Waffles</b> Mac n Cheese Seasonal Fresh Fruit <b>OR</b> <b>Mac n Cheese</b> Broccoli	29 <b>Baked Beef Spaghetti</b> 5 Way Veg, Seasonal fruit <b>Or</b> <b>Baked Cheese Spaghetti</b> Green Beans, Seasonal Fruit	30 <b>I HEART PIZZA</b> <b>(2) Cheese Pizza</b> <b>Fruit Cup</b>