



Commodore Options School

2018

Thursday, Nov 1st
1) Chicken Nuggets
 or
2) Vegan Nuggets
 Fresh Melon, Roll
 Cheddar Mashed Potatoes

 Yogurt or Hummus Lunch

Friday, Nov 2nd
1) Pepperoni Pizza
 or
2) Cheese Pizza
 Banana
 Caesar Salad on Salad Bar

 Yogurt or Hummus Lunch

Monday, Nov 5th
Early Release Day
1) Corn Dog
 or
2) Veggie Wrap
*Lettuces with Wild Blueberry
 Dressing, D'Anjou Pears*

 Yogurt or Hummus Lunch

Tuesday, Nov 6th
**1) Chicken & Bean
 Burrito (no cheese)**
**2) Bean & Cheese
 Burrito**
 Pineapple
 Refried Beans

 Yogurt or Hummus Lunch

Wednesday, Nov 7th
**1) Hamburger/
 Cheeseburger**
 or
2) Black Bean Burger
 Rosemary Roasted Potatoes
 Orange Wedges

 Yogurt or Hummus Lunch

Thursday, Nov 8th
1) Pasta wMeat Sauce
 or
2) Pasta wVeg Sauce
 Golden Corn
 Garlic Toast

 Yogurt or Hummus Lunch

Friday, Nov 9th
Brunch 4 Lunch
**1) French Toast
 and Sausage!**
 Fruit Cup, Edamame

 Yogurt or Hummus Lunch

Monday, Nov 12th
**Veterans Day
 Honored**
 No School
 Celebrating
 the service of all
 U.S. Military
 Veterans

Tuesday, Nov 13th
**1) Crispy Baked
 Chicken Drumstick**
2) Cheese Quesadilla
 Red Grapes / Rice
 Farmer Karen's Organic Squash

 Yogurt or Hummus Lunch

Wednesday, Nov 14th
1) "Beefy" Nachos
 or
2) Cheesy Nachos
 Orange Wedges
 Refried Beans

 Yogurt or Hummus Lunch

Thursday, Nov 15th
**Thankful Lunch
 Day**
**Principal Corsetti
 is carving the
 Turkey!**
Turkey Gravy
 Mashed Potatoes
 Golden Corn / Roll
 Cranberry Sauce
**Homemade
 Pumpkin Cookie**

 Yogurt or Hummus Lunch

Friday, Nov 16th
1) Pepperoni Pizza
 or
2) Cheese Pizza
 Banana
 Caesar Salad on Salad Bar

 Yogurt or Hummus Lunch

Monday, Nov 19th
Early Release Day
1) Chicken Tenders
 or
2) Vegan Nuggets
 Roasted Potatoes, Green Peas

 Yogurt or Hummus Lunch

Tuesday, Nov 20th
Brunch 4 Lunch
**1) Pancakes, Eggs
 and Crisp Bacon!**
 Fruit Cup, Edamame

 Yogurt or Hummus Lunch

Wednesday, Nov 21st
1) Popcorn Chicken
 w/Orange Glaze or
2) Baked Tofu
 w/Orange Teriyaki Glaze
 Rice / Fresh Melon

 Yogurt or Hummus Lunch

Thursday, Nov 22nd
Thanksgiving Break
 No School

Friday, Nov 23rd
**Thanksgiving
 Break**
 No
 School

Monday, Nov 26th
Early Release Day
**1) Hamburger/
 Cheeseburger** or
2) Black Bean Burger
 Rosemary Roasted Potatoes,
 Peaches

 Yogurt or Hummus Lunch

Tuesday, Nov 27th
**1) Shirley's
 Macaroni & Cheese with
 Crispy Baked Chicken
 Drumstick**
 Red Grapes

 Yogurt or Hummus Lunch

 Ice Cream with
 each Lunch today!

Wednesday, Nov 28th
1) Corn Dog or
**2) Bean & Cheese
 Burrito**
 Farmer Karen's Organic Squash
 Black Bean Salsa,
 Orange Wedges

 Yogurt or Hummus Lunch

Thursday, Nov 29th
1) Teriyaki Chicken
 or
2) Teriyaki Tofu
 Green Peas
 Sushi Style Rice + Veggies

 Yogurt or Hummus Lunch

Friday, Nov 30th
Brunch 4 Lunch
**1) Waffles
 And Sausage!**
 Fruit Cup, Edamame

 Yogurt or Hummus Lunch

Each \$3.25 lunch meal includes Entrée, Whole Grains, Milk and a trip through our Fresh Fruit and Vegetable bar.

this institution is an equal opportunity provider