

GOLD STARS CATERING

November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Nov	2-Nov	3-Nov
		Spagetti Meat sauce Roll	Hamburger/Cheeseburger/ WG Bun Steamed Carrots	Cheese Pizza Green Peas
		Steamed Broccoli	Green Beans	corn
		Orange	Peaches	Apple
		Skim White & Choc.	Skim White & Choc.	Skim white & Choc.
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Cheese pizza	Hot Dog / WG Bun	Mac-N-Cheese/WG	Beef Soft Taco	H
Steamed Broccoli	Mashed Potato	Steamed Carrots	Green Peas	
Corn	Pinto Beans	Steamed Broccoli	Brown Rice	
Orange	Apple Sauce	Banana	Peaches	
Skim White & Choc.	Skim White & Choc.	Skim white & Choc.	Skim White & Choc.	
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Cheese Pizza	Chicken Teriyaki	Spaghetti Meat sauce/WG	Hamburger/Cheeseburger/ WG Bun	Cheese Pizza
Greens Beans	Brown Rice	Roll/WG	Pinto Beans	Green Beans
Corn	Steamed Broccoli	Green Peas	Corn	Steamed Carrots
Apple	Peaches	Orange	Banana	Apple
Skim White & Choc.	Skim White & Choc.	Skim White & Choc.	Skim White & Choc.	Skim White & Choc.
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
Cheese Pizza	Beef Soft Taco	H	H	H
Steamed Broccoli	Brown Rice			
Corn	Green Peas			
Peaches	Apple			
Skim White & Choc.	Skim White& Choc.			
27-Nov	28-Nov	29-Nov	30-Nov	
Cheese Pizza	BBQ Chicken / Bun	Mac-N-Cheese	Speghetti Meat Sauce/WG	
Green Beans	Mashed Potato	Green Peas	Steamed Broccoli	
Corn	Pinto Beans	Steamed Carrots	Corn	
Skim White & Choc.	Skim White & Choc.	Skim white & Choc.	Skim White & Choc.	