

NOVEMBER 2016



EXCEL ACADEMY
PUBLIC CHARTER SCHOOL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	Chik'n Parm Sandwich on a Whole Grain Bun <i>Featured Veggies:</i> Spinach & Tomato Salad Roasted Beets 100% Fruit Juice Choice of 1% or FF Milk	BBQ Chik'n Flatbread <i>Featured Veggies:</i> Potato Triangle Hash Glazed Carrots Choice of Fruit Choice of 1% or FF Milk	Four Cheese Ravioli with Whole Grain Breadstick <i>Featured Veggies:</i> Garlic Broccoli Roasted Yellow Squash Choice of Fruit Choice of 1% or FF Milk	Chik'n Gyro with Wheat Pita <i>Featured Veggies:</i> Sweet Potato Fries Sugar Snap Peas Choice of Fruit Choice of 1% or FF Milk		
7	8	9	10	11	12	13
School Closed PT Conference	Mac and Cheese <i>Featured Veggies:</i> Black Bean Salsa Ranchero Carrots Choice of Fruit Choice of 1% or FF Milk	Cheese Pizza <i>Featured Veggies:</i> Italian Salad Potato Triangle Hash Choice of Fruit Choice of 1% or FF Milk	Thanksgiving Meal Gardein BBQ Ribs Mac and Cheese Cornbread Stuffing Cranberry Sauce Country Cabbage Roasted Baby Carrots Choice of 1% or FF Milk	School Closed Veteran's Day		
14	15	16	17	18	19	20
Sunbutter and Jelly On Whole Grain Bread Chik'n Nuggets & BBQ with Whole Grain Roll <i>Featured Veggies:</i> Mashed Potatoes Red Pepper Strips & Ranch Choice of Fruit Choice of 1% or FF Milk	Veggie Pot Pie with a Honey Wheat Biscuit <i>Featured Veggies:</i> Roasted Zucchini and Tomato Cheesy Broccoli 100% Fruit Juice Choice of 1% or FF Milk	Chicago-Style Veggie Dog on a Whole Grain Bun <i>Featured Veggies:</i> Baked Potato Wedges Sweet Green Peas Choice of Fruit Choice of 1% or FF Milk	Sesame Chik'n Over Brown Rice <i>Featured Veggies:</i> Broccoli Slaw Glazed Carrots Choice of Fruit Choice of 1% or FF Milk	Cheese Pizza <i>Featured Veggies:</i> Sweet Potato Fries Spinach Salad Choice of Fruit Choice of 1% or FF Milk		
21	22	23	24	25	26	27
School Closed	School Closed	School Closed	School Closed	School Closed		
28	29	30				
Caprese Pasta with Whole Grain Penne Veggie Chili with Corn Bread <i>Featured Veggies:</i> Homestyle Green Beans Buttered Corn Choice of Fruit Choice of 1% or FF Milk	Spaghetti & Marinara with Whole Grain Breadstick <i>Featured Veggies:</i> Roasted Butternut Squash Garlic Broccoli Choice of Fruit Choice of 1% or FF Milk	VeggieBurger on Whole Grain Bun <i>Featured Veggies:</i> Mandarin Mixed Veg Baby Carrots with Ranch Choice of Fruit Choice of 1% or FF Milk				
NOTES: FRUIT MAY INCLUDE : Canned peaches, applesauce,canned pears,canned pineapple,fruit cocktail, canned mandarin oranges, 100% juice, fresh fruit selection What is a Meal? Choice of grain or grain/protein, choice of fruit,and choice of milk 1% White, Fat Free White Vegetarian Menu						



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