November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No Lunch Early Release for Pre K -5	No Lunch Early Release for Pre K -5	1) French Toast (V) 2) Cheese Croissant (V) 3) Hummus Fun Lunch (V)
6	7	8	9	10
 Grilled Cheese Sandwich (V) Sunbutter & Jelly Sandwich (V) Zee Zee Fun Lunch (VI 	1) Steak & Cheese Sub 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	1) Tortellini Primavera with Chicken Sausage(V) 2) Turkey Sandwich 3) Fruit & Cheese Fun Lunch (V)	1) Pizza Day! (V) 2) Buffalo Chicken Sandwich 3) Muffin Fun Lunch (V)	Veterans Day No School
13	14	15	16	17
 Kayem Lite Hot Dog on a Bun or All Beef Hot Dog Sunbutter & Jelly Sandwich (V) Zee Zee Fun Lunch (V) 	 Big Blue Chili Fries (V) Ham & Cheese Sandwich Bagel Fun Lunch (V) 	 Crispy Chicken Wings & Veggie Fried Rice Turkey Sandwich Fruit & Cheese Fun Lunch (V) 	1) Pizza Day! (V) 2) Buffalo Chicken Sandwich 3) Muffin Fun Lunch (V)	1) Dutch Waffles (V) 2) Cheese Croissant (V) 3) Hummus Fun Lunch (V)
20	21	22	23	24
 BBQ Chicken Cheddar Bacon Sandwich Sunbutter & Jelly Sandwich (V) Zee Zee Fun Lunch (V) 	 Cheesy Lasagna Ham & Cheese Sandwich Bagel Fun Lunch (V) 	No Lunch Early Release For Pre K -12	No School Thanksgiving Break	No School Thanksgiving Break
27	28	29	30	
 Hamburger, Cheeseburger or Veggie Burger Sunbutter & Jelly Sandwich (V) Zee Zee Fun Lunch (V) 	1) Teriyaki Chicken 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	1) Ham & Cheese Panini 2) Turkey Sandwich 3) Fruit & Cheese Fun Lunch (V)	1) Pizza Day! (V) 2) Buffalo Chicken Sandwich 3) Muffin Fun Lunch (V)	

• V is or can be made vegetarian.

• Assorted sandwiches, entrée salads and grab-and-go meals are available daily, including vegetarian options.

- All meals are offered with milk, 100% fruit juice, fresh fruit and vegetables.
- Menu subject to change without notice.

- If you have a food allergy, please contact the Nutrition Services department before purchasing a meal.
- Each student is entitled to one free breakfast and one free lunch each school day.
- This institution is an Equal Opportunity Employer.
- To translate this menu, upload it to deepl.com.

Comments or concerns? Contact the Nutrition Services department at <u>ashland.k12.ma.us/NutritionServices</u> or 508-881-0165