

Community Education Building's Weekly Menu For Kuumba Academy and Great Oaks Charter

	11/1	11/2	11/3	11/4	11/5
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Calzone w/ Marinara Sauce	BBQ Wings w/ Dinner rolls	Personal Pan Pizza	Beef Cheese Steaks	Beef Hot dogs
Entrée 2					
Hot Sides	Broccoli	Green Beans	Cesar Side Salad	Green Beans	Collard Greens
	Carroteenies	Mac & Cheese	Zucchini w/ red peppers & or Fries	Sweet Potato Wedges	Baked Beans
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Chicken Salad On Wheat Roll
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Cesar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chocolate & Red Pepper Hummus Platter	Garden salad w/ Wheat Roll choice of Grilled Chicken or Tuna Salad	Cesar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	Doritos, Celery sticks, Potato Salad	Carroteenies, Roasted Chic peas, Goldfish
Fruit Of the Day	Apple Slices	Bananas	Pears		Apple

As part of the Community Education Buildings Commitment to Healthy Eating we use only Fresh or Fresh Frozen Vegetables and Serve only Fresh Fruit. Also all Breads and Breading are made with a minium of 51% Whole Wheat Flour. Fat free Chocolate & Strawberry and 1% Plain Milk is offered daily.

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	11/8	11/9	11/10	11/11	11/12
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Chicken Nachos w/ Pico	Cheeseburger	3 Cheese Lasagna	Veterans Day	Chicken Nuggets
Entrée 2		Veggie Burgers		No	
Hot Sides	Baked Black Beans	Baked Curly Fries	Ceasar Salad	School	Sw. Potato Wedges
	Roasted Corn	Broccoli	Green Beans or Carroteenies		Green Beans & or Cucumber Slices
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Veterans Day	Turkey BBQ Wrap w/ Turk, Bacon, Lett & Tomato
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Muffin Munch-able (muffin, Cheese & Turkey Stick, carrots, and Apple slices	Chocolate & Red Pepper Hummus Platter	No	Ceasar Salad w/ Garlic Bread Choice of Grilled Chicken or Tuna Topper
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	School	Carroteenies, Roasted Chic peas, Goldfish
Fruit of the Day	Apple Slices	Bananas	Pears	Clementines	Apple

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	11/15	11/16	11/17	11/18	11/19
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	General Tso Chicken	Ketchup Glazed meatloaf	Chicken Tenders	Turkey W/ Gravy & Stuffing	French Toast w/ Turkey Bacon
Entrée 2					
Hot Sides	Brwon Rice	Roasted Red Potatoes	Baked Beans	Mashed Potatoes	Sweet Potato Wedges
	Broccoli, Carrots	Corn	Zucchini w/ Red Peppers	Green Beans	Cucumber slices
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Chicken Salad On Wheat Roll
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chocolate & Red Pepper Hummus Platter	Garden salad w/ Wheat Roll choice of Grilled Chicken or Tuna Salad	Ceasar Salad w/ Garlic Bread Choice of Grilled Chicken or Tuna Topper
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	Doritos, Celery sticks, Potato Salad	Carroteenies, Roasted Chic peas, Goldfish
Fruit of the Day	Apple Slices	Bananas	Pears	Clementines	Apple

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11/22	11/23	11/24	11/25	11/26
Monday	Tuesday	Wednesday	Thursday	Friday

Entrée 1	Freire Only	No	No	No	No
Entrée 2		School	School	School	School
Hot Sides		Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
Option 1					
Option 2					
Coldside Side options					
Fruit of the Day					

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	11/29	11/30	12/1	12/2	12/3
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Chicken Tenders	Beef Cheese Steaks	Personal Pan Pizza	Chicken & Waffles	Meatball Subs
Entrée 2					
Hot Sides	Tatar Tots	Baked Beans	Cesar Side Salad	Butternut Squash	Sweet Potato Tots
	Green Beans	Broccoli	Carrots & or Fries	Cucumber slices	Green Beans
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Chicken Salad On Wheat Roll
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Cesar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chocolate & Red Pepper Hummus Platter	Garden salad w/ Wheat Roll choice of Grilled Chicken or Tuna Salad	Cesar Salad w/ Garlic Bread Choice of Grilled Chicken or Tuna Topper
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	Doritos, Celery sticks, Potato Salad	Carroteenies, Roasted Chic peas, Goldfish
Fruit of the Day	Apple Slices	Bananas	Pears	Clementines	Apple

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