

# NOVEMBER 2023

## Vinalhaven School

### LUNCH



#### School Information:

No School: 11/10  
Thanksgiving Break: 11/22-11/24  
\*\*PBJ offered every day!\*\*



**November is National Peanut Butter Lovers Month.** Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Bosco Sticks w/ soup **1**  
Alt: Pepperoni Cracker  
Stacker  
Caesar salad  
Fruit

Sloppy Joes **2**  
Alt: Grilled Cheese  
Coleslaw  
Fruit

Chicken Alfredo Pizza **3**  
Alt: Cheese Pizza  
Raw veggies  
Fruit

Chicken Nuggets **6**  
Alt: Yogurt Meal  
Beans, fries  
Fruit

Chicken Quesadillas **7**  
Alt: Cheese Quesadillas  
Corn  
Fruit

Chop Suey **8**  
Alt: Grilled Cheese  
Green beans  
Fruit

Meat Pizza **9**  
Alt: Cheese Pizza  
Caesar Salad  
Fruit

**NO SCHOOL** **10**  
(VETERAN'S DAY 11/11)

Burgers **13**  
Alt: Pepperoni Cracker  
Stacker  
Beans, fries  
Fruit

Grilled Cheese & Bacon **14**  
Alt: Grilled Cheese  
Soup & Caesar salad  
Fruit

Real Turkey Gobbler **15**  
Alt: Yogurt Meal  
Mashed potatoes &  
Corn  
Fruit

Buffalo Chicken Pizza **16**  
Alt: Cheese Pizza  
Raw veggies  
Fruit

**Early Release @ Noon** **17**  
PB&J Bagged Lunches

Chicken Burgers **20**  
Alt: Pepperoni Cracker  
Stacker  
Beans, fries  
Fruit

Mozzarella Sticks **21**  
Alt: Yogurt Meal  
Caesar salad  
Fruit

**No School** **22**

**Thanksgiving** **23**  
**No School**

**No School** **24**

Meatloaf **27**  
Alt: Turkey Sandwich  
Green beans  
Fruit

Beef Tacos **28**  
Alt: Yogurt Meal  
Corn  
Fruit

Mac n Cheese **29**  
Alt: Grilled Cheese  
Peas  
Fruit

Meatball Subs **30**  
Alt: Turkey Cracker  
Stacker  
Caesar salad  
Fruit