



NOVEMBER

GIRLS GLOBAL CHARTER HIGH SCHOOL

Breakfast Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pumpkin Bread Red Rabbit O's Oranges 1% & Fat-Free Milk
4 WG Raisin Bran WW Mini Bagel Apples 1% & Fat-Free Milk	5 School Closed	6 Peach Baked Oats Red Rabbit O's Oranges 1% & Fat-Free Milk	7 Strawberry Yogurt & Granola Red Rabbit O's Bananas 1% & Fat-Free Milk	8 Blueberry Muffins Red Rabbit O's Pears 1% & Fat-Free Milk
11 School Closed	12 Corn Flakes Cereal WW Mini Bagel Pears 1% & Fat-Free Milk	13 Peach Baked Oatmeal Red Rabbit O's Oranges 1% & Fat-Free Milk	14 WW Mini Bagel w/ Butter Red Rabbit O's Apples 1% & Fat-Free Milk	15 Blueberry Yogurt & Granola Red Rabbit O's Plums 1% & Fat-Free Milk
18 Chex Cereal WW Mini Bagel Bananas 1% & Fat-Free Milk	19 Chocolate Chip Muffin Red Rabbit O's Oranges 1% & Fat-Free Milk	20 WW Mini Bagel w/ Jelly Red Rabbit O's Pears 1% & Fat-Free Milk	21 Zucchini Bread Red Rabbit O's Green Apples 1% & Fat-Free Milk	22 Peach Yogurt & Granola Red Rabbit O's Plums 1% & Fat-Free Milk
25 WG Raisin Bran WW Mini Bagel Pears 1% & Fat-Free Milk	26 WW Mini Bagel w/ Jelly Red Rabbit O's Apples 1% & fat-free milk	27 School Closed	28 School Closed	29 School Closed



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Lunch Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sweet & Sour Chicken Brown Rice Roasted Brussels Sprouts Cucumber Salad Bananas 1% & Fat-Free Milk
4 Chicken Fried Rice Brown Rice Roasted Carrots Spicy Cucumbers Oranges 1% & Fat-Free Milk	5 School Closed	6 Turkey & Cheddar Sandwich WG Wrap Spinach Salad Cut Carrots w/ Ranch Golden Apples 1% & Fat-Free Milk	7 Rasta Pasta Mozzarella & Parmesan Sauteed Cabbage Roasted Tomatoes Pears 1% & Fat-Free Milk	8 BBQ Chicken Cornbread Potato Salad Sauteed Kale Honeydew 1% & Fat-Free Milk
11 School Closed	12 Butter Chicken Brown Rice & Naan Roasted Carrots Roasted Broccoli Mango 1% & Fat-Free Milk	13 Kale Salad w/ Citrus Dressing Crispy Chickpeas WG Roll Tossed Kale Grape Tomatoes Bananas 1% & Fat-Free Milk	14 Beef Chili Nachos WG Tortilla Chip Corn & Pinto Beans Sour Cream, Cheese & Avocado Pineapple 1% & Fat-Free Milk	15 Jerk Chicken Pumpkin Brown Rice Callaloo Mango Tomato Salsa Green Grapes 1% & Fat-Free Milk
18 Baked Ziti Mozzarella & Ricotta WG Dinner Rolls Roasted Broccoli Roasted Cauliflower Pears 1% & Fat-Free Milk	19 Bulgogi Beef WG Brown Rice Noodles Snap Peas Roasted Baby Carrots Pears 1% & Fat-Free Milk	20 Three Bean Pasta Salad Tomatoes, Shredded Carrots, Sliced Cucumbers Apples 1% & Fat-Free Milk	21 Alambre de Pollo WG Tortillas & Seasoned Rice Corn & Black Beans Sour Cream & Salsa Cantaloupe 1% & Fat-Free Milk	22 Roasted Turkey Breast WG Dinner Roll Mashed Sweet Potato Green Beans Cranberry Sauce Clementines 1% & Fat-Free Milk
25 Chicken Shawarma WG Pita Bread & Turmeric Rice Cucumber, Tomato Salad Homemade Tzatziki & Spring Mix Bananas 1% & Fat-Free Milk	26 Beef Picadillo Brown Rice Black Beans Red Potatoes Oranges 1% & Fat-Free Milk	27 School Closed	28 School Closed	29 School Closed



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Vegetarian Lunch Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sweet & Sour Tofu Brown Rice Roasted Brussels Sprouts Cucumber Salad Bananas 1% & Fat-Free Milk
4 Tofu Fried Rice Brown Rice Roasted Carrots Spicy Cucumbers Oranges 1% & Fat-Free Milk	5 School Closed	6 Cheddar Sandwich WG Wrap Spinach Salad Cut Carrots w/ Ranch Golden Apples 1% & Fat-Free Milk	7 Veggie Pasta Mozzarella & Parmesan Sauteed Cabbage Roasted Tomatoes Pears 1% & Fat-Free Milk	8 BBQ Tofu Cornbread Potato Salad Sauteed Kale Honeydew 1% & Fat-Free Milk
11 School Closed	12 Butter Tofu Brown Rice & Naan Roasted Carrots Broccoli or Green Beans Mango 1% & Fat-Free Milk	13 Kale Salad w/ Citrus Dressing Crispy Chickpeas WG Roll Tossed Kale Grape Tomatoes Bananas 1% & Fat-Free Milk	14 Veggie Chili Nachos WG Tortilla Chip Corn & Pinto Beans Sour Cream, Cheese & Avocado Pineapple 1% & Fat-Free Milk	15 Jerk Tofu Pumpkin Brown Rice Callaloo Mango Tomato Salsa Green Grapes 1% & Fat-Free Milk
18 Baked Ziti Mozzarella & Ricotta WG Dinner Rolls Roasted Broccoli Roasted Cauliflower Pears 1% & Fat-Free Milk	19 Bulgogi Beans WG Brown Rice Noodles Snap Peas Roasted Baby Carrots Pears 1% & Fat-Free Milk	20 Pasta Salad Red Kidney Beans Tomatoes, Shredded Carrots, Sliced Cucumbers Parmesan Cheese Apples 1% & Fat-Free Milk	21 Tofu Tacos WG Tortillas & Seasoned Rice Corn & Black Beans Sour Cream & Salsa Cantaloupe 1% & Fat-Free Milk	22 Veggie Loaf w/ Black Beans WG Dinner Roll Mashed Sweet Potato Green Beans Cranberry Sauce Clementines 1% & Fat-Free Milk
25 Chickpeas Shawarma WG Pita Bread & Turmeric Rice Cucumber, Tomato Salad Homemade Tzatziki & Spring Mix Bananas 1% & Fat-Free Milk	26 Lentil Picadillo Brown Rice Black Beans Red Potatoes Oranges 1% & Fat-Free Milk	27 School Closed	28 School Closed	29 School Closed