

GLEN PETERS MENU *NOVEMBER 2009



A nourished student is a learning student!



Sun

1

8

15

22

29



Mon

2

Tuna Salad on a Whole Wheat Bun
Fresh Grapes
Pasta Salad

9

Ham & Cheese on a Whole Wheat Bun
Peach Cup
Veggies & Dip

16

Chef Salad with Turkey
Whole Wheat Roll
Orange Juice Cup

23

Chicken Ranch Pita
Applesauce
Mixed Fruit Cup

30

Soybutter & Jelly Sandwich
String Cheese
Raisins
Fresh Banana

Tue

3

Professional Development

1/2 Day
No Lunch

10

Chicken Salad Pita
Apple Slices
Fruited Jello

17

Tuna Salad on a Whole Wheat Bun
Fresh Grapes
Pasta Salad

24

ALHAMBRA Thanksgiving Luncheon

Wed

4

Ham Salad Pita
Apple Slices
Peach Cup

11

Soybutter & Jelly Sandwich
String Cheese
Raisins
Fresh Banana

18

Ham Salad Pita
Apple Slices
Peach Cup

25

1/2 Day
No Lunch

Thu

5

Smuckers Cheese Sandwich
Pear Cup
Mini Yogurt Parfait

12

Sub Sandwich
Orange Slices
Peach Cup

19

Smuckers Cheese Sandwich
Pear Cup
Mini Yogurt Parfait

26

Fri

6

Chicken Ranch Pita
Applesauce
Mixed Fruit Cup

13

Shaved Turkey Wrap
Potato Salad
Fruit Cocktail

20

Turkey & Mashed Potato Bowl
Dinner Roll
No Crust
Pumpkin Pie

27

Sat

7

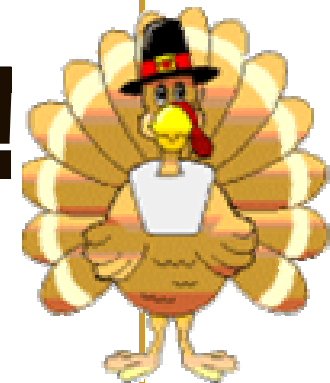
MILK INCLUDED WITH LUNCH

21

HOT LUNCH SPECIAL

28

Happy Thanksgiving!



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