


Coyote Kitchen - November Menu

Week 1		Week 2		Week 3		Week 4	
30	Chicken Wraps Salad <i>(Gluten Free Available)</i>	6	Chicken Wings Vegetable Rice <i>(Gluten Free Available)</i>	13	No School 	20	Corn Dogs Tossed Salad
31	Beef, Broccoli and Noodle Stir Fry <i>(Gluten Free Available)</i>	7	Scrambled Eggs Hash Browns Fresh Carrots <i>(Gluten Free Available)</i>	14	Chicken Quesadilla Salad <i>(Gluten Free Available)</i>	21	Fish & Chips Salad <i>(Gluten Free Available)</i>
1	Hamburger <i>(side fresh lettuce/tomato)</i> Oven Fries Fresh Cucumbers <i>(Gluten Free Available)</i>	8	Beef & Vegetable Stew 60% Whole Wheat Bun <i>(Gluten Free Available)</i>	15	Meat Balls Mashed Potatoes Cooked Corn <i>(Gluten Free Available)</i>	22	Shepard Pie <i>(Ground Beef, Corn, Mashed Potatoes)</i> <i>(Gluten Free Available)</i>
2	Pancakes Sausages <i>(Gluten Free Available)</i>	9	Lasagna Caesar Salad	16	Pepperoni Pizza <i>(Gluten Free Available)</i>	23	Grill Cheese Tossed Salad <i>(Gluten Free Available)</i>
3	Chicken Strips Oven Fries Fresh Cucumbers	10	Chicken, Broccoli and Noodle Stir Fry <i>(Gluten Free Available)</i>	17	Chicken Burger <i>(side fresh lettuce/tomato)</i> Oven Fries Fresh Cucumbers <i>(Gluten Free Available)</i>	24	No School 