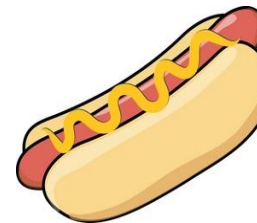


Al-Madinah School

NOVEMBER 2018

LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken chow mein noodles w/ red cabbage (2 oz), chives (2oz), carrots (2 oz) & baby corn (2 oz)	2 Pizza pie w/ cherry tomatoes (2 oz) & 3-bean salad (4 oz)
5 Chili con carne w/ brown rice, slice of whole wheat bread, cheddar cheese, green peppers (2 oz), red peppers (2 oz) & cherry tomatoes (2 oz)	6 Beef stew w/ brown rice, potatoes (2 oz), celery (2 oz), green peppers (2 oz), carrots (2 oz) & onions (1 oz)	7 Baked ziti w/ marinara sauce, green peas (3 oz), baby carrots (2 oz) & tomatoes (3 oz)	8 Chicken cacciatore w/ pasta, cut corn (4 oz), onions (1 oz), green peas (2 oz) & broccoli (4 oz)	9 Whole wheat Sicilian pizza w/ 3-bean salad (4 oz)
12 Hot dog w/ French fries (4 oz), baked beans (4 oz), cherry tomatoes (2 oz) & celery (2 oz)	13 Beef burger on whole wheat bun, American cheese (1 oz), mashed potatoes (4 oz) & baby carrots (4 oz)	14 Chicken fajita w/ whole grain tortilla, Spanish rice, salsa, onions (2 oz), green peppers (2 oz) & black beans (4 oz)	15 Rotini pasta w/ ground beef, tomato sauce (2 oz), green peas (4 oz) & carrots (2 oz)	16 Pizza pie w/ broccoli (4 oz) & baby carrots (2 oz)
19 Deli cold cut turkey pastrami sandwich, hash brown potatoes, whole wheat roll, American cheese (1 oz), Romaine lettuce (4 oz) & baby carrots (4 oz)	20 Beef taco shell, Spanish rice, black beans (4 oz), Romaine lettuce (2 oz), salsa (2 oz), celery (2 oz), onions (2 oz) & cheddar cheese	21 Breaded fish sandwich w/ potato chips, iceberg lettuce (2 oz) & cherry tomatoes (2 oz)	22 Chicken teriyaki w/ whole wheat penne pasta, broccoli (4 oz) & cherry tomatoes (4 oz)	23 Pizza pie w/ hot confetti corn (4 oz) & baby carrots (2 oz)
26 Mozzarella sticks w/ whole wheat bread, marinara sauce (2 oz) & sauted green peas (6 oz)	27 Chicken cutlet sandwich w/ whole wheat roll, cucumbers (4 oz), white beans (4 oz) & tater tots (2 oz)	28 Philly cheese steak sandwich on whole wheat roll w/ mashed potatoes (4 oz), green peppers (2 oz) & onions (2 oz)	29 Falafel balls w/ whole wheat pita bread, tahini sauce, mixed greens (4 oz), tomatoes (4 oz) & cucumbers (2 oz)	30 Pizza pie w/ chick peas salad (4 oz) & cherry tomatoes (4 oz)

Lunch is served with a choice of peanut butter and jelly sandwich, 1% milk and fat-free chocolate milk, fresh fruit or canned fruit.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-83339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D. C. 20250-9410

2. fax: (202)690-7442 or,

3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.