



# PREPARATION ACADEMY NOVEMBER LUNCH MENU 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  <i>No lunch</i>  <i>Short friday</i>
4  <i>Chicken Tenders</i>  <i>Tater Tots</i>  <i>Hawaiian Bun</i>	5  <i>Lemon Chicken</i>  <i>Curry, Potato &amp; Carrots</i>  <i>Jasmine Rice</i>	6  <i>Teriyaki beef bowl</i>  <i>Over Broccoli/Carrots</i>  <i>&amp; Rice</i>	7  <i>Peppered Chicken</i>  <i>Bell Peppers &amp; Onions</i>  <i>Jasmine Rice</i>	8  <i>Orange Chicken</i>  <i>Vegetables &amp;</i>  <i>Jasmine Rice</i>
11  <i>No lunch</i>  <i>Veterans day</i>	12  <i>Taco Tuesday Asada,</i>  <i>Chicken or Carnitas</i>	13  <i>Jalapeno Garlic Pork</i>  <i>Stir-Fry Veggies</i>  <i>Jasmine Rice</i>	14  <i>Sesame chicken strips</i>  <i>Asian slaw</i>  <i>Jasmine Rice</i>	15  <i>BBQ pork back ribs</i>  <i>Loaded mash Zucchini &amp;</i>  <i>Vegetables</i>
18  <i>pork Chow Mein</i>  <i>w/ Cabbages, Carrots</i>  <i>&amp; Onions</i>	19  <i>Roasted Turkey w Gravy</i>  <i>Mash Potatoes, Corn</i>  <i>Green Beans</i>	20  <i>Baked meatloaf</i>  <i>W garlic mash and</i>  <i>roasted corn</i>	21  <i>Fried shrimp w</i>  <i>garlic rice</i>  <i>and broccoli</i>	22  <i>Mongolian beef over</i>  <i>Steamed rice</i>  <i>&amp; eggroll</i>
25  <i>Chicken Tenders</i>  <i>Mashed potato &amp; mixed</i>  <i>vegetables</i>	26  <i>Roasted chicken</i>  <i>roasted potato</i>  <i>mixed veggies</i>	27    <i>HOLIDAY</i>	28    <i>HOLIDAY</i>	29    <i>HOLIDAY</i>

## HUSKY CAFÉ DAILY

### Entree Alternatives:

- Salad Bar
- Cheeseburgers
- Fish Burgers
- Chicken burgers
- Specialty Salads

### Sides:

- Pre-made Salads
- Fresh Fruit Cup
- Yogurt Parfait
- Ice Cream
- Daily dessert

### Hot Alternatives:

- Calzone
- Tenders
- Panini

### Drink Options:

- Bottled Water
- Milk
- coconut water
- Izzy
- Gatorade
- Snapple
- Jaritos



NUTRITION  
MANAGEMENT  
SERVICES  
COMPANY<sup>SM</sup>