pharm.
FOOD FOR THOUGHT

November	December	January	February	March
26 Mon: Quesadillas with Salsa	3 Mon: Chicken Quesadillas	7 Mon: Beef Tacos with Cheese, Chopped Lettuce and Tomato	1 Fri: Shepherd's Pie	1 Fri: BLT Sandwich with Chips
27 Tues: Rotisserie Chicken with Roasted Root Vegetables	4 Tues: Pastel de Papas y Carne	8 Tues: Ribs with a Roll and Coleslaw	4 Moni: Grilled Cheese Sandwiches	4 Mon: Bean and Cheese Burrito
29 Thurs: Turkey Hash with a roll	6 Thurs: Buffalo Chicken Wings with Roasted Yams	10 Thurs: Pesto Pasta	5 Tues: Enchiladas	5 Tues: Pastel de Papa y Carne
30 Fri: Pulled Pork Sliders with Coleslaw	7 Fri: Grilled Cheese Sandwich	11 Fri: Enchiladas	7 Thurs: Pork Ribs with Dirty Rice	7 Thurs: BBQ Chicken Wings with Roasted Yams and Carrots
	10 Mon: Enchiladas	14 Mon: Shephard's Pie	8 Fri: Pesto Tortellini	8 Fri: BLT Sandwich with Chips
	11 Tues: Beef Brisket with Roasted Potatoes	15 Tues: Chana Dal with Rice	11 Mon: Cheese Burger and Chips	48 Days: $306.25
	13 Thurs: Linguine Alfredo with Black Forest Ham	17 Thurs: Turkey Hash with a Roll	12 Tues: Crispy Shell Beef Tacos with Spanish Rice	
	14 Fri: Cheeseburgers with Chips	18 Fri: Ham and Cheese Sandwich with Chips	14 Thurs: Chicken Teriyaki with Steamed Rice	
	17 Mon: Pork Tacos with Cheese and Fixings	21 Mon: No School	15 Fri: No School	
	18 Tues: Beef Stew with Root Vegetables	22 Tues: Pastel de Papas y Carne	18 Mon: No School	
	14	24 Thurs: Chicken Wings with Roasted Potatoes	19 Tues: Arroz Con Pollo	
		25 Fri: Cheese Burger with Chips	21 Thurs: Tamales with Creamy Rice	
		28 Mon: Burritos	22 Fri: Pulled Pork Sliders with Chips	
		29 Tues: Fried Chicken with Cornbread	25 Mon: Chana Dal with Rice	
		30 Thurs: Vegetarian Chili with Rice	26 Tues: Sausage and Peppers Sandwich	
		31 Fri: Chicken Tikka Masala with Rice	28 Thurs: Chicken Quesadillas with Chips and Salsa	