





Boca Prep International November 2017 Menu

SCHOOL LUNCH WAS **NEVER** LIKE THIS!

Our Foods NEVER contain:

- High Fructose Corn Syrup
- Artificial Trans-fats
- Artificial Flavors and Colors
- Artificial Nitrates
- MSG

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Bar with White or Red Sauce, Chicken, and Roasted Broccoli Soup of the Day -or- Pasta with Red or White Sauce(VEG) -or- Deli Bar	2 Tacrito (ground turkey, shredded cheddar), Mixed Vegetables, and Cheesy Nachos -or- Cheese Quesadilla (VEG) -or- Deli Bar <i>WT Creation</i>	3 Hamburger or Cheeseburger, Homemade French Fries, Roasted Kale Soup of the Day -or- Veggie Burger -or- Deli Bar
6 Baked Chicken Tenders, Home Fries, <i>Sautéed Squash Mix</i> Soup of the Day -or- Fiesta Veggie Wrap (VEG) -or- Deli Bar Tasting Day: <i>Sautéed Squash Mix</i>	7 Taco Tuesday with Rice and Fiesta Corn -or- Veggie Tacos (VEG) -or- Deli Bar <i>WT Creation</i>	8 Carving Station: Turkey, Baked Potato and Organic Carrots Soup of the Day -or- Loaded Baked Potato (VEG) -or- Deli Bar	9 Sausage & Peppers with Penne Pasta and Sautéed Broccoli -or- Penne Pasta Marinara (VEG) -or- Deli Bar <i>WT Creation</i>	10 Pizza Day! (VEG) with Caesar Salad and Breadsticks Soup of the Day -or- Deli Bar
13 Chicken or Cheese Quesadilla with Cheesy Nachos and Broccoli Soup of the Day -or- Cheese Quesadilla (VEG) -or- Deli Bar	14 Meatloaf with Mashed Potatoes, Peas and Carrots -or- Tofu or Veggie Burger (VEG) -or- Deli Bar <i>WT Creation</i>	15 Pasta Day with Mixed Veggies Soup of the Day -or- Pasta with White or Red Sauce (VEG) -or- Deli Bar	16 Baked Fish Sticks with Basil Lime Rice and Roasted Kale (VEG) -or- Deli Bar <i>WT Creation</i>	17 International Fair
20 	21 HAPPY THANKSGIVING	22	23	24 
27 Mac & Cheese with BBQ Chicken and Roasted Corn Soup of the Day -or- Mac & Cheese (VEG) -or- Deli Bar	28 Teriyaki Noodle Bowl with Chicken and Asian Veggies -or- Teriyaki Noodle Bowl with Asian Veggies (VEG) -or- Deli Bar <i>WT Creation</i>	29 Carving Station: Roast Beef with Mashed Potatoes and Green Beans Soup of the Day -or- Tofu or Veggie Burger -or- Deli Bar	30 BBQ DAY! Hamburger or Hot Dog, Chips, Broccoli, and House-Made Slaw. -or- Grilled Veggie Burger (VEG) -or- Deli Bar <i>WT Creation</i>	

Available Daily:

Salad Bar: A variety of fresh lettuce, veggies and house-made dressings. Soup of the Day will be offered every Monday, Wednesday and Friday.

Deli Station:

We will offer a variety of All-Natural, nitrate-free deli meats, along with a variety of fresh, locally-sourced veggies, and house-made dressings. Students have the choice to order a cold sub, or to have their sub hot pressed on our Panini maker!

WT Creation: We will offer one of our delicious, from-scratch, desserts every Tuesday and Thursday!

November: A Bountiful Harvest

November is historically a time of year when we celebrate the harvest of our crops. We are thankful this month to live in a climate with a vast variety of fresh fruits and vegetables year round. This month's tasting: A medley of fresh veggies, including green beans, squash, carrots and zucchini. We couldn't pick just one!

We serve fresh fruits and vegetables DAILY and rotate the choices each day! We serve all vegetables roasted, baked or raw.

Lunch Schedule:
11:00-11:50 PreK-5
11:50-12:30 6-8
12:30-1:10 9-12

If you have special dietary concerns about your child regarding allergies, please contact us directly at 561-779-5604.

Check out online at wtcafe.com for the lunch menu.