





November Menu 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 B- Oatmeal Squares cereal, Peaches, Milk L- Roast beef & cheese w/ whole wheat bread, Broccoli, Raspberries, Milk S- Pretzel sticks, Milk	2 B- Sausage, egg & cheese biscuit, Pineapple, Milk L- Baked chicken w/ rice, Peas & carrots, Applesauce, Milk S- Wheat Thins, Peach mango juice	3 B- Honey Bunches of Oats, Apricots, Milk L- Sunbutter & jelly w/ whole wheat bread, Cauliflower, Banana, String cheese, Milk S- Chicken in a Biscuit crackers, Milk	4 B- Hardboiled egg, Pears, Milk L- Baked potatoes w/ chili & cheese, Mandarin oranges, Whole wheat crackers, Milk S- Animal crackers, Milk
7 B-Rice Krispies, Apricots, Milk L- Fish nuggets, Green beans, Pears, Milk S- Cheddar Chex mix, Milk	8 B- French toast bagel w/ cream cheese, Apple juice, Milk L- Ham & cheese w/ whole wheat bread, Diced beets, Pineapple, Milk S- Pita chips, Hummus, Water	9 B- Breakfast pizza, Mandarin oranges, Milk L- Whole grain cheese breadstick w/ marinara, Tossed salad, Applesauce, Milk S- Animal crackers, Cranberry juice	10 B- Yogurt w/ granola, Strawberries, Milk L- Chicken & cheese quesadilla, Corn, Peaches, Milk S- Frosted Mini Wheats, Milk	11 B- Cheerios, Pear juice, Milk L- Tuna salad w/ whole wheat roll, Broccoli w/ dip, Tropical fruit salad, Milk S- Cheez-its, Milk
14 B- Whole wheat toast w/ strawberry jelly, Cran-Raspberry juice, Milk L- Sweet & sour meatballs, Mashed potatoes, Applesauce, Whole wheat roll, Milk S- Triscuits, Milk	15 B- Special K, Pineapple, Milk L- Roast beef & swiss cheese w/ whole wheat bread, Mixed veggies, Peaches, Milk S- Tortilla chips w/ salsa, Milk	16 B- Cheese omelet, Pears, Milk L- Mini corndogs, Asparagus, Tropical fruit salad, Milk S- String cheese, Sliced grapes, Water	17 B- Cinnamon Chex, Mandarin oranges, Milk L- Soft shell tacos w/ meat, lettuce, cheese, tomatoes & tortilla, Black beans, Blueberries, Milk S- Sunchips, Milk	18 B- Pancakes, Apricots, Milk L- Grilled cheese, Sweet potato fries, Cherry & berry blend, Milk S- Teddy Grahams, Orange juice
21 B- Chocolate chip bagel w/ cream cheese, Grape juice, Milk L-Cheeseburger w/ whole wheat bun, Lima beans, Peaches, Milk S- Strawberry yogurt Chex mix, Milk	22 B- Life cereal, Tropical fruit salad, Milk L- Turkey & cheese w/ whole wheat bread, Sliced & cooked carrots, Pineapple, Milk S- Blueberry muffin, Milk	23 B- Berry Berry Kix, Apricots, Milk L- Sunbutter & jelly w/ whole wheat bread, Sliced cucumbers, Banana, String cheese, Milk S- Raisins, Milk	24 CLOSED 	25 CLOSED 
28 B- Whole wheat roll w/ apple butter, Peach mango juice, Milk L- Grilled chicken w/ whole wheat bun, Tator tots, Apricots, Milk S- Whole grain Goldfish, Milk	29 B- Multigrain Cheerios, Mandarin oranges, Milk L- Ham & swiss w/ whole wheat bread, Sweet potatoes, Pears, Milk S- Chex mix, Milk	30 B- Waffles, Strawberries, Milk L- Mac & cheese, Little smokies, Peas, Applesauce, Milk S- Raspberry yogurt, Cheerios, Water	December 1 B- Cornflakes, Pineapple, Milk L- Cheese pizza, Brussel sprouts, Blueberries, Milk S- Caramel rice cake, Milk	2 B- French toast sticks, Tropical fruit salad, Milk L- Scrambled eggs w/ mini bagel, Hash rounds, Blackberries, Milk S- Whole wheat Ritz crackers, Cheese slice, Water

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