



November Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 B- Waffles, Apricots, Milk L- Sloppy Joe w/ whole wheat bun, Cooked carrots, Pineapple, Roll, Milk S- Pita chips, Hummus, Water	2 B- Life cereal, Pears, Milk L- Chicken & cheese nachos, Black beans, Mandarin oranges, Milk S- Mini bagel w/ honey, Milk	3 B- Yogurt w/ granola, Strawberries, Milk L- Sweet & sour meatballs w/ rice, Asparagus, Blueberries, Milk S- Cheez-its, Milk
6 B- Sausage links, Apricots, Milk L- Mini corndogs, Sweet potato fries, Pineapple, Milk S- Whole grain Goldfish, Milk	7 B- Rice Krispies, Peaches, Milk L- Roast beef, American cheese slice, Wheat Thins, Brussel sprouts, Diced mango, Milk S- Animal crackers, Milk	8 B- Breakfast pizza, Orange juice, Milk L- Little smokies, Mac & cheese, Green beans, Raspberries, Milk S- Strawberry Mini Wheats, Milk	9 B- Multigrain Cheerios, Pears, Milk L- Grilled cheese w/ whole wheat bread, Tomato soup, Baby carrots, Banana, Milk S- Sunchips, Apple juice	10 B- Baked oatmeal, Baked apples, Milk L- Chicken salad w/ roll, Sliced cucumbers, Orange slices, Milk S- Chocolate chip muffin, Milk
13 B- Cinnamon raisin bagel w/ cream cheese, Tropical fruit salad, Milk L- Fish filet w/ whole wheat bun, Broccoli, Mandarin oranges, Milk S- String cheese, Apple juice	14 B- Crispix, Pear juice, Milk L- Turkey, Swiss cheese slice, Club crackers, Diced potatoes, Peaches, Milk S- Cheddar Chex mix, Milk	15 B- Blueberry English muffin w/ butter, Apricots, Milk L- Hotdog w/ whole wheat bun, Baked beans, Applesauce, Milk S- Banana, Milk	16 B- Kix, Pineapple, Milk L- Chef salad w/ ham, cucumbers, tomatoes & cheese, Blueberries. Whole wheat crackers, Milk S- Raisins, Pretzels, Water	17 B- Cheese omelet, Pears, Milk L- Tuna salad w/ whole wheat pita, Baby carrots, Apple slices, Milk S Graham crackers, Milk
20 B- Honey Bunches of Oats, Cranberry juice, Milk L- Wholegrain cheese breadstick w/ marinara, Lima beans, Mandarin oranges, Milk S- Teddy Grahams, Milk	21 B- Plain bagel w/ strawberry cream cheese, Pears, Milk L- Roast beef, American cheese slice, Whole wheat bread, Sweet potatoes, Pineapple, Milk S- Caramel rice cakes, Milk	22 B- Rice Chex, Applesauce, Milk L- Sun Butter & jelly sandwich w/ whole wheat bread, String cheese, Cauliflower w/ dip, Banana, Milk S- Oyster crackers, Pineapple juice	23- CLOSED 	24- CLOSED 
27 B- Sausage pancake bites, Apple juice, Milk L- BBQ chicken, Green beans, Blueberries, Whole wheat roll, Milk S- Cheese cubes, Wheat Thins, Water	28 B- Cornflakes, Pineapple, Milk L- Ham, Swiss cheese, Triscuits, Cooked carrots, Peaches, Milk S- Tortilla chips w/ salsa, Milk	29 B- French toast sticks, Apricots, Milk L- Scrambled eggs w/ mini bagel, Hash rounds, Raspberries, Milk S- Sliced grapes, Milk	30 B- Oatmeal Squares cereal, Peaches, Milk L- Chili, Baked potato, Blackberries, Whole wheat crackers, Milk S- Raspberry yogurt, Cheerios, Water	

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