



November



Monday

Tuesday

Wednesday

Thursday

Friday



3

BREAKFAST:
Fruit & Juice
Cereal
Milk

LUNCH:
Mac & Cheese
Mixed Green Salad w/ Dressing
Fruit
Milk

SNACK:
Pretzels and Juice

4

BREAKFAST:
Fruit & Juice
Fritata
Sliced Bread
Milk

LUNCH:
Chicken Nuggets w/ ketchup
Brown Rice
Steamed Carrots
Fruit and Milk

SNACK:
Goldfish Crackers and Milk

5

BREAKFAST:
Fruit & Juice
Waffle w/ syrup
Milk

LUNCH:
Chicken Tender w/ ketchup
Brown Rice
Mixed Vegetables
Fruit and Milk

SNACK:
Chips and Juice

6

BREAKFAST:
Fruit and Juice
Pancake w/ syrup
Milk

LUNCH:
Pizza
Corn
Fruit and Milk

SNACK:
Graham Crackers and Milk

7

BREAKFAST:
Fruit & Juice
Cereal
Milk

LUNCH:
Ropa Vieja e Pollo
Flour Tortilla
Refried Beans
Corn
Fruit
Milk

SNACK:
Honey Oat Crackers and Milk

10



11

BREAKFAST:
Fruit & Juice
Biscuit w/ jelly
Milk

LUNCH:
Chicken Quesadilla
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:
President Crackers and Milk

12

BREAKFAST:
Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:
Our Famous Meatballs Marinara
Sun Bun
Corn
Fruit and Milk

SNACK:
Chips and Juice

13

BREAKFAST:
Fruit & Juice
Scrambled Egg
Sliced Bread
Milk

LUNCH:
Pizza
Steam Carrots
Fruit and Milk

SNACK:
Pretzel and Milk

14



Give Thanks



November



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Friday

BREAKFAST: Fruit & Juice **17**
Cereal And Milk

LUNCH: Chicken Parmesan Sandwich w/ Sliced Bun
Steam Carrots
Fruit and Milk

SNACK: Cheez It and Milk

BREAKFAST: Fruit & Juice **18**
Cinnamon Bread w/ Butter Milk

LUNCH: Special Turkey Taco
Nacho Chips
Refried Beans
Lettuce
Fruit and Milk

SNACK: Graham Crackers and Juice

BREAKFAST: Fruit & Juice **19**
Pancake w/ syrup
Milk

LUNCH: Beefaroni
Mixed Green Salad w/ Dressing
Garlic Bread
Fruit and Milk

SNACK: Pretzel and Milk

BREAKFAST: Fruit & Juice **20**
Cheese Slice
English Muffin w/ butter
Milk

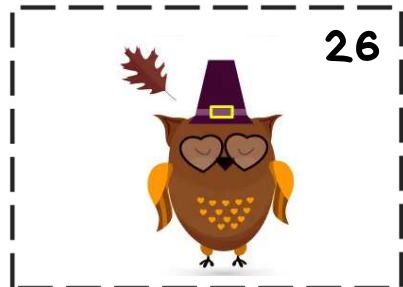
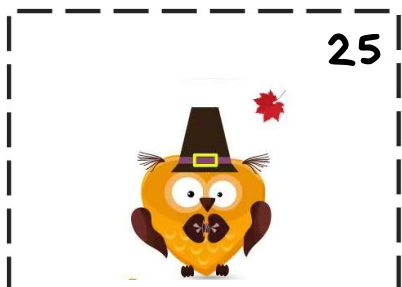
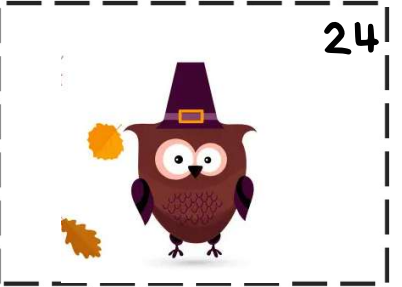
LUNCH: Roasted Turkey
Mashed Potatoes
Green Beans
Cinnamon Apples & Milk

SNACK: Goldfish Crackers and Juice

BREAKFAST: Fruit & Juice **21**
Bread w/ Butter
Egg Patty
Milk

LUNCH: Pizza
Corn
Fruit and Milk

SNACK: Animal Crackers and Milk



Give Thanks