




# NOVEMBER 2022

<b>Monday 10/31</b>	<b>Tuesday 11/1</b>	<b>Wednesday 11/2</b>	<b>Thursday 11/3</b>	<b>Friday 11/4</b>
breakfast: Frankenstein Yogurt with Granola <b>lunch: Chicken Strips</b> <b>green beans</b> <b>Jack-o-lantern Cuties</b> snack: <i>Ghoulish Cheese Sticks and Ritz</i>	breakfast: muffin and fruit <b>lunch: tator tot casserole</b> <b>buttered wheat bread</b> <b>carrots and pears</b> snack: sun butter and ritz	breakfast: cereal and oranges <b>lunch: meatballs with gravy</b> <b>rice</b> <b>green beans</b> <b>peaches</b> snack: edamame and cheese cubes	breakfast: biscuits and pears <b>lunch: mac and cheese with ham</b> <b>peas, wheat cracker</b> <b>pineapple</b> snack: wheat cheese itz and fruit	<i>breakfast: sausage and banana</i> <b>lunch: tomato soup</b> <b>carrot sticks</b> <b>mixed fruit, cheese toast</b> <i>snack: teddy grahams and fresh fruit</i>
<b>Monday 11/7</b>	<b>Tuesday 11/8</b>	<b>Wednesday 11/9</b>	<b>Thursday 11/10</b>	<b>Friday 11/11</b>
breakfast: waffles and banana <b>lunch: sheppards pie and</b> <b>beyond meat gravy</b> <b>mixed vegetables</b> <b>mixed fruit</b> snack: cheese slice and wheat crackers	breakfast: pancake with berries <b>lunch: fish sticks</b> <b>green beans</b> <b>applesauce</b> <b>buttered wheat bread</b> snack: carrots and hummus	breakfast: cereal and banana <b>lunch: bean and cheese taco</b> <b>spanish rice with tomato</b> <b>pears</b> snack: <i>celery with soy butter</i>	breakfast: oatmeal and apples <b>lunch: cheese burger on wheat tator</b> <b>tots</b> <b>peaches</b> snack: yogurt and gronola	<i>breakfast: french toast and peaches</i> <b>lunch: mac and cheese with ham</b> <b>broccoli</b> <b>mixed tropical fruit</b> <b>buttered</b> <b>wheat bread</b> snack: cheese bread and fruit
<b>Monday 11/14</b>	<b>Tuesday 11/15</b>	<b>Wednesday 11/16</b>	<b>Thursday 11/17</b>	<b>Friday 11/18</b>
breakfast: bagels and pineapple <b>lunch: beef ravolii</b> <b>green beans</b> <b>pears</b> <b>buttered wheat bread</b> snack: chex mix and fresh fruit	breakfast: cereal and banana <b>lunch: chicken noodle soup</b> <b>peas</b> <b>mixed fruit</b> <b>buttered</b> <b>wheat bread</b> snack: whole grain goldfish and fresh fruit	breakfast: yogurt and fruit <b>lunch: chicken enchilada</b> <b>casserole</b> <b>salad</b> <b>pineapples</b> snack: apples slices and cheese	breakfast: waffles and peaches <b>lunch: meatballs w/ gravy</b> <b>white rice</b> <b>pineapples</b> <b>carrots</b> snack: rice cakes and fruit	breakfast: muffins and banana <b>lunch: sheppards pie and</b> <b>beyond meat gravy</b> <b>mixed vegetables</b> <b>mixed fruit</b> snack: string cheese and wheat crackers
<b>Monday 11/21</b>	<b>Tuesday 11/22</b>	<b>Wednesday 11/23</b>	<b>Thursday 11/24</b>	<b>Friday 11/25</b>
breakfast: cereal and fresh fruit <b>lunch: chicken fried rice</b> <b>mixed vegetables</b> <b>peaches</b> snack: cheese slice and tortilla	breakfast: french toast sticks and applesauce <b>lunch: tuna casserole</b> <b>cream corn</b> <b>tropical fruit</b> <b>buttered wheat bread</b> snack: cracker and hummus	<i>breakfast: veggie sausage and oranges</i> <b>lunch: chili cornbread caserole</b> <b>green beans</b> <b>pineapples</b> snack: celery and sun butter		Closed for Thanksgiving and the day after
<b>Monday 11/28</b>	<b>Tuesday 11/29</b>	<b>Wednesday 11/30</b>	<b>Thursday 12/1</b>	<b>Friday 12/2</b>
breakfast: bagels and pineapple <b>lunch: chicken pot pie</b> <b>mixed vegetables</b> <b>pears</b> snack: chex mix and fresh fruit	breakfast: muffin and fruit <b>lunch: chicken and rice casserole</b> <b>broccoli</b> <b>berries</b> snack: string cheese and ritz	breakfast: veggie sausage and apples <b>lunch: cheese burger on wheat tator</b> <b>tots</b> <b>peaches</b> snack: wheat crackers and cheese cubes	breakfast: yogurt and fruit <b>lunch: chicken enchilada</b> <b>casserole</b> <b>salad</b> <b>pineapples</b> snack: apples slices and cheese	<i>breakfast: oatmeal and peaches</i> <b>lunch: mac and cheese with ham</b> <b>broccoli</b> <b>mixed tropical fruit</b> <b>buttered</b> <b>wheat bread</b> snack: cheese bread and fruit

milk served breakfast and lunch

water served with snack