



NOVEMBER 2022

Monday 10/31Tuesday 11/1Wednesday 11/2Thursday 11/3Friday 11/4breakfast: Frankenstein Yogurt with Granola lunch: Chicken Strips lunch: Chicken Strips green peans Jack-o-lantern Cuties snack: Ghoulish Cheese Sticks and Ritzbuttered wheat bread carrots and pears snack: sun butter and ritz monday 11/7buttered wheat bread carrots and pears snack: edamame and cheese cubesbreakfast: biscuits and pears lunch: mac and cheese with ham peas, wheat cracker pineapple snack: wheat cheese itz and fruit cubesMonday 11/7Tuesday 11/8Wednesday 11/9Thursday 11/10Friday 10/11breakfast: waffles and banana lunch: sheppards pie andbreakfast: pancake with berries lunch: fish sticksbreakfast: cereal and oranges lunch: meatballs with gravy ricebreakfast: cereal and oranges lunch: meatballs with gravy lunch: mac and cheese with ham peas, wheat cracker pineapple snack: wheat cheese itz and fruit cubes	
breakfast: muffin and fruit lunch: Chicken Strips lunch: tator tot casserole green peans Jack-o-lantern Cuties snack: Ghoulish Cheese Sticks and Ritz Ritz Monday 11/7 Tuesday 11/8 Streakfast: pancake with berries lunch: sheppards pie and lunch: fish sticks breakfast: cereal and banana lunch: fish sticks lunch: meatballs with gravy carrot sticks mixed fruit lunch: meatballs with gravy lunch: mac and cheese with ham peas, wheat cracker pineapple snack: wheat cheese itz and fruit	
lunch: Chicken Strips green peans Jack-o-lantern Cuties snack: Ghoulish Cheese Sticks and Ritz Monday 11/7 breakfast: waffles and banana lunch: tator tot casserole buttered wheat bread carrots and pears snack: edamame and cheese snack: edamame and cheese cubes rice green beans peas, wheat cracker pineapple snack: wheat cheese itz and fruit fruit Wednesday 11/9 Thursday 11/10 Friday 10/11 breakfast: pancake with berries lunch: tomato so carrot sticks mixed fruit, cheese snack: teddy grahams fruit breakfast: pancake with berries lunch: sheppards pie and breakfast: pancake with berries breakfast: cereal and banana lunch: sheppards pie and	
green peans Jack-o-lantern Cuties snack: Ghoulish Cheese Sticks and Ritz Monday 11/7 breakfast: waffles and banana Junch: sheppards pie and buttered wheat bread green beans peaches peaches snack: green beans peaches peaches snack: deamame and cheese cubes Carrot sticks mixed fruit, cheese snack: deamame and cheese cubes Thursday 11/10 Friday 10/11 breakfast: oatmeal and apples breakfast: oatmeal and apples	up
Jack-o-lantern Cuties snack: Ghoulish Cheese Sticks and Ritz Monday 11/7 breakfast: waffles and banana lunch: sheppards pie and Lunch: fish sticks carrots and pears snack: and pears snack: peaches snack: edamame and cheese snack: edamame and cheese snack: edamame and cheese snack: edamame and cheese snack: wheat cheese itz and fruit snack: teddy grahams fruit Wednesday 11/9 Thursday 11/10 Friday 10/11 breakfast: pancake with berries breakfast: cereal and banana breakfast: oatmeal and apples breakfast: french toast and breakfast: french toast and pears snack: edamame and cheese snack: wheat cheese itz and fruit fruit breakfast: oatmeal and apples breakfast: oatmeal and apples	
snack: Ghoulish Cheese Sticks and Ritz Monday 11/7 breakfast: waffles and banana lunch: sheppards pie and snack: sun butter and ritz snack: edamame and cheese snack: wheat cheese itz and fruit snack: edamame and cheese snack: wheat cheese itz and fruit snack: teddy grahams fruit Mednesday 11/9 Thursday 11/10 Friday 10/11 breakfast: waffles and banana lunch: fish sticks breakfast: cereal and banana breakfast: oatmeal and apples breakfast: oatmeal and apples	
Ritz Monday 11/7 Dreakfast: waffles and banana lunch: sheppards pie and lunch: fish sticks Statistics of the state of	and fresh
Monday 11/7 breakfast: waffles and banana lunch: sheppards pie and lunch: fish sticks breakfast: waffles and banana breakfast: pancake with berries breakfast: cereal and banana breakfast: oatmeal and apples breakfast: french toast and banana breakfast: oatmeal and apples	
breakfast: waffles and banana breakfast: pancake with berries breakfast: cereal and banana breakfast: oatmeal and apples breakfast: french toast and banana breakfast: oatmeal and apples	
I IUICII. SIEDDAIUS DIE AILU I IIICH: tich cticks I DIEANIASI. CEIEAI AILU DAIIAILA I hreaktact. Natmeal and annies I	
beyond meat gravy green beans lunch: bean and cheese taco lunch: cheese hurger on wheat tator	vith ham
mixed vegetables applesauce spanish rice with tomato tots broccoli	
mixed fruit buttered wheat bread pears peaches wheat bread wheat bread	buttered
snack: cheese slice and wheat snack: carrots and hummus snack: celery with soy butter snack: yogurt and gronola snack: cheese bread a	ad fruit
crackers	ia iruit
Monday 11/14 Tuesday 11/15 Wednesday 11/16 Thursday 11/17 Friday 11/18	
breakfast: bagels and pineapple breakfast: cereal and banana breakfast: yogurt and fruit breakfast: waffles and peaches breakfast: muffins and	
lunch: heef rayolii lunch: chicken noodle soup lunch: chicken enchilada lunch: meathalls w/ grayy lunch: sheppards p	
green beans peas casserole white rice beyond meat gr	avy
mixed fruit buttered salad nineannles mixed vegetable	es
huttand wheat bread prince pri	
snack: whole grain goldfish and fresh snack: apples slices and cheese a snack: string cheese all	nd wheat
truit crackers	
Monday 11/21 Tuesday 11/22 Wednesday 11/23 Thursday 11/24 Friday 11/25	
breakfast: french toast sticks and breakfast: veggie sausage and breakfast: veggie sausage and	
lunch: chicken fried rice lunch: tuna casserole lunch: chili cornbread caserole lunch: chili chi	g and the
mixed vegetables cream corn greeen beans day after	
buttoned wheet breed pineapples	
snack: cheese slice and tortilla snack: crear and hummus snack: celery and sun butter snack: celery and sun butter	
Monday 11/28 Tuesday 11/29 Wednesday 11/30 Thursday 12/1 Friday 12/2	
broakfast, vaguet and fruit	
breakfast: bagels and pineapple breakfast: muffin and fruit breakfast: veggie sausage and applies breakfast: breakfast: butmeur und	•
	vith ham
mixed vegetables broccolli	h !
peacnes salad mixed tropical fruit	buttered
snack; show mix and frosh fruit snack; string shoose and ritz	nd fruit
shack. Chex fills and fresh fruit shack. String cheese and files cubes snack: apples slices and cheese snack: cheese bread a	iu ii uit

milk served breakfast and

lunch

water served with snack