

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
November 1-4 Breakfast		Waffles, strawberries & Milk	Toasted bagel with cream cheese, mandarin oranges & milk	Nutra Grain Bars, peaches & milk	French toast sticks, cantaloupe & milk
Lunch		Grilled Cheese whole grain bread, mixed vegetables, peaches & Milk	Vegetarian beans, whole grain bread, broccoli, pears, & milk	Chicken nuggets, mashed potatoes, corn, whole wheat bread & milk V: Veggie Nuggets	Cheese Pizza, green beans, pineapples & milk Hummus, Pita Bread & water
Snack		Animal Crackers & Water	Pretzels & water	Goldfish, bananas & water	
November 7-11 Breakfast	Whole grain cheerios, bananas & milk	Oatmeal, Peaches & Milk	Whole grain pancakes, pears & milk	Nutra grain bars, strawberries & milk	Biscuits with fruit spread, applesauce & milk
Lunch	Whole wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli & milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: cheese sandwich	Whole grain rice, black beans, whole grain bread, peaches & milk	Chicken Patty on whole wheat bun, mashed potatoes, cantaloupe & milk V: Veggie Patty	Fish sticks, tater tots, whole grain bread, peas & carrots, mixed fresh fruit & milk V. Veggie nuggets
Snack	Yogurt, Strawberries & water	Veggie straws & water	Animal crackers & water	Graham crackers & water	Goldfish & water

V: Vegetarian Option

November 14-18 Breakfast Lunch Snack	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Strawberries & Milk	Nutra grain bars, pears & milk	French toast sticks, oranges & milk	Toasted bagel with cream cheese, strawberries & Milk
	Grilled cheese on whole grain bread, corn, applesauce & Milk V: Veggie Nuggets	Chicken Alfredo, peas & carrots, Garlic Bread & Milk V: Plain Alfredo	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk V: Cheese Sandwich	Mac and cheese, broccoli, honeydew melon, whole grain bread & Milk	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk V: Veggie Patty
	Veggie Straws & Water	Yogurt, Oranges & Water	Vanilla Wafers, Banana Pudding & Water	Pretzels & water	Cheese and crackers, water
November 21-25 Breakfast Lunch Snack	Cheerios, Bananas & Milk	French toast sticks, mandarin oranges & Milk	Nutra grain bars, pears & milk	Happy Thanksgiving!	CLOSED
	BBQ Veggie Meatballs, Mashed Potatoes, Blueberries & Milk	Chicken quesadilla, lettuce, tomatoes, peaches & Milk	Fish sticks, tater tots, whole grain bread pineapples & milk V: Veggie nuggets		
	Veggie Straws & Water	Animal Crackers & Water	Veggie straws & Water		

V: Vegetarian Option

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
November 28-30					
Breakfast	Whole Grain Cheerios, Bananas & Milk	French toast sticks, oranges & milk	Nutra grain bars, pears & milk		
Lunch	Whole wheat spaghetti & veggie meatballs, green beans & Milk	Chicken quesadilla with tomatoes and lettuce, peaches, & milk V: Cheese Quesadilla	Fish sticks, tater tots, whole grain bread, pineapples, milk V: Veggie Nuggets		
Snack	Graham Crackers & Water	Animal crackers, water	Veggie Straws & Water		

V: Vegetarian Option