

All meals include a choice of either chocolate or white skim milk or 1% white milk.

# November 2022 Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal with Toast Diced Pears Fruit Juice ***** Pepperoni Pizza Cucumber Corn Orange	2 Breakfast Kit Orange ***** Hamburger Curry Steamed Rice Corn, Broccoli Fruit Slushy	3 Country Breakfast Scramble Steamed Rice Applesauce, Orange ***** Tuna Sandwich with Soup Cherry Tomatoes Cucumber Orange	4 Breakfast Pizza Orange Apple Chips ***** Chicken Patty with Gravy Steamed Rice Broccoli, Baked Beans Apple Crisps
7 Plain Bagel Cream Cheese, Orange Diced Pears ***** Cheese Bites Marinara Sauce Cup Cucumber Fruit Slushy	8 Election Day No School	9 Country Gravy Pizza Pineapple Chunks Craisins ***** Hamburger Tater Tots Lettuce & Tomato Orange	10 Cereal with Toast Applesauce Orange ***** Chicken Tenders Steamed Rice Hot Corn, Edamame Sliced Peaches	11 Veterans Day No School
14 Cheese Stick Marinara Sauce Cup Sliced Peaches ***** Cheese Pizza Green Salad Baby Carrots Orange	15 Belgian Waffle Orange Mixed Fruit ***** Fish Sandwich Tater Tots Cucumber, Baked Beans Fruit Slushy	16 Cereal with Toast Diced Pears Apple ***** Hot Dog-in-Bun Tater Tots Coleslaw Apple Crisps	17 Portuguese Sausage Steamed Rice, Craisins Applesauce ***** Roasted Pork with Gravy Steamed Rice Steamed Broccoli, Baby Carrots Fruit Juice	18 Teacher Institute No School
21 French Toast Sticks Syrup, Apple Chips Pineapple Chunks ***** Tasty Chicken Tenders Steamed Rice Baby Carrots, Edamame Cucumber, Applesauce	22 Breaded Chicken Patty Steamed Rice, Craisins Sliced Peaches ***** Chicken Sandwich Tater Tots Lettuce & Tomato Wedge Edamame, Apple	23 Cereal with Toast Diced Pears Orange ***** Beef Patty with Gravy Steamed Rice Broccoli, Corn Orange	24 Thanksgiving No School	25 Thanksgiving No School
28 Portuguese Sausage Steamed Rice, Orange Pineapple Chunks ***** Macaroni & Cheese Edamame Baby Carrots Apple	29 Cereal with Toast Diced Pears Fruit Juice ***** Pepperoni Pizza Cucumber Corn Orange	30 Breakfast Kit Orange ***** Hamburger Curry Steamed Rice Corn, Broccoli Fruit Slushy		

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

Menu is subject to change without notice.