




## November 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM: French toast sticks and fresh fruit L: Pasta with marinara sauce, fresh fruit, green beans & milk PM: Pretzels & raisins	2 AM: Whole wheat toast & milk L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Fresh fruit & organic animal crackers	3 AM: Lowfat yogurt & organic animal crackers L: Pasta Alfredo, steamed broccoli, fresh fruit & milk PM: Cheese slices & crackers
6 AM: Fresh fruit & Graham crackers L: Fish sticks, rice pilaf, fresh fruit & milk PM: Goldfish crackers & raisins	7 AM: Toasted English muffin & milk L: Chicken noodle soup, crackers, fresh fruit & milk PM: Apple slices and snack mix	8 AM: Fresh fruit with organic animal crackers L: Turkey hot dog, French fries, oranges & milk PM: String cheese & Ritz crackers	9 AM: Cereal & milk L: Vegetarian bean and cheese burritos, apples & milk PM: Fresh fruit & graham crackers	10 AM: Lowfat yogurt & organic animal crackers L: Turkey and cheese slices with crackers, fresh fruit & milk PM: Pretzels & oranges
13 AM: Cereal & milk L: Chicken taquitos, vegetarian refried beans, fresh fruit & milk PM: Snack mix & fresh fruit	14 AM: Toasted bagels and fresh fruit L: Cheese Tortellini, mixed veggies & milk PM: Fresh fruit & Goldfish crackers	15 AM: Fresh fruit and organic animal crackers L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: string cheese & Club crackers	16 AM: Quaker cereal bar & milk L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Pretzels & raisins	17 AM: Fresh fruit & Graham crackers L: Macaroni and Cheese, green peas & milk PM: Apple slices & Wow Butter
20 AM: French toast sticks & milk L: Cheese quesadilla, rice pilaf, oranges & milk PM: Raisins & Goldfish crackers	21 AM: Quaker cereal bar & apple slices L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges & milk PM: Organic animal crackers & milk	22 AM: Cereal & milk L: Chicken corn dogs, mixed veggies, oranges & milk PM: Cheese sticks & Club crackers	23 <b>SCHOOL CLOSED FOR THANKSGIVING</b> 	24 AM: Toasted English muffin & milk L: Chicken nuggets, cucumbers, peaches and milk  <b><u>School closes at 12:00 pm</u></b>
27 AM: Orange slices & graham crackers L: Macaroni and Cheese, green peas & milk PM: Goldfish crackers & raisins	28 AM: Graham crackers & bananas L: Cheesy scrambled eggs, tator tots, fresh fruit & milk PM: Snack mix & fresh fruit	29 AM: Cereal & milk L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges & milk PM: Cheese sticks & Club crackers	30 AM: Lowfat yogurt & organic animal crackers L: Roasted chicken, mashed potatoes w/ gravy, broccoli & milk PM: Snack mix & fresh fruit	

Note: Breakfast is always cold cereal, milk and fresh fruit and is served from 6:00 am - 7:00 am