




November 2018 Menu

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

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