

November

2022

LUNCH AND BREAKFAST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pepperoni rippers, Caesar salad, fruit and fresh veggies Breakfast sandwich	2 Turkey Pita, yogurt, pretzel's, grapes, fresh veggies Cereal, fruit and toast	3 Teriyaki chicken, rice, roasted veggies, fruit and fresh veg Cereal, fruit and toast	4 Italian dunkers, marinara sauce, corn, fruit and fresh veggies Muffins, yogurt, fruit	5
6	7 Chicken noodle, soup, sandwiches, fresh veggies and fruit Pizza bagel, fruit Early Rel. @ 12:15	8 Nachos, tossed salad, refried beans, fruit and fresh veggies Cereal, fruit and toast Early Rel. @ 12:15	9 5th grade choice Chicken strips, berries, cauliflower, Jell-O Pancakes, sausage Early Rel. @ 12:15	10 Cheeseburgers, tomato and lettuce, fries, fruit and veggies Cereal, fruit and toast Early Rel. @ 12:15	11 VETERANS DAY NO SCHOOL	12
13	14 Deli sandwiches, jo- jo's, fresh veggies, fruit and baked beans Cheese omelets, fruit	15 Rotini and meat sauce, corn, garlic bread and fruit Cereal, fruit and toast	16 Pizza, Caesar salad, fruit and fresh veggies French toast, sausage	17 Popcorn chicken, scalloped potatoes, green beans, fruit Cereal, fruit and toast	18 Pulled pork sliders, potato salad, fresh veggies and fruit Waffles, sausage	19
20	21 Pepperoni rippers, salad, fruit and fresh veggies Cereal, fruit and toast	22 Taco snack, refried beans, corn. Fruit and fresh veggies Pancakes, sausage	23 Waffles, scrambled eggs, hash browns and fruit Cereal, fruit and toast Early Rel. @ 12:15	24 THANKSGIVING VACATION NO SCHOOL	25 THANKSGIVING VACATION NO SCHOOL	26
27	28 Tomato soup, grilled cheese sandwiches, fruit and fresh veggies Omelets, sausage	29 Chicken alfredo, green beans, rolls, fruit and fresh veggies Cereal, toast and fruit	30 Orange chicken, rice, roasted veggies, fruit and fresh veggies Muffins, yogurt, fruit			

AN EQUAL OPPORTUNITY EMPLOYER

ALL MEALS INCLUDE A ½ PINT OF MILK AND FRESH FRUIT AND OR VEGETABLE