


November 2022

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◀ Oct 2022						Dec 2022 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Low fat regular milk or nonfat chocolate milk offered with eah meal	Salad bar offered daily at lunch	1 Pancake bowl, strawberries, sausage link Beff tacos, shredded lettuce, salsa, corn, fresh fruit, refried beans	2 Ham and cheese croissant, grapes Mac and cheese, mixed veggies, fresh fruit	3 Mini cinnamon rolls, string cheese, juice Crispy popcorn chicken, mashed potatoes and gravy, green beans, fresh ffruit	4 Breakfast quesadilla (scrambled egg, cheese) salsa, mandarin Turkey sub sandwich, lettuce, tomtom, fresh fruit, carrot sticks, w/g cheeze-itz,	5
6	7 Bagel, cream cheese, applesauce Bean and cheese nachos, sliced bell pepper, fresh fruit	8 Pumpkin bread, hard boiled egg, mandarin Cheeseburger, oven fries, lettuce, tomato, fresh fruit	9 String cheese, granola bar, apple Spaghetti with meat sauce, green beans, carrot sticks, fresh fruit	10 Yogurt parfait (yogurt, granola, fruit) mandarin chicken, broccoli, fresh fruit, fried rice	11 Breakfast sandwich (English muffin, egg, cheese) Seasonal chicken pizza, fresh fruit, snap peas, sun chips	12
13	14 w/g poptart, string cheese, juice cheese pizza, fresh fruit, green salad	15 Cheesey hashbrowns, toast, banana Chicken quesadilla, sliced bell pepper, fresh fruit	16 Baked berry oatmeal, yogurt, applesauce Grilled ham and cheese sandwich, carrot sticks, fresh fruit, broccoli salad	17 Cereal, hard boiled egg, fruit cup Buffalo chicken bites, zucchini fries, sweet potato wedges, ranch dip, fresh fruit	18 Breakfast burrito, salsa, pineapple Loaded potato wedge nachos, green salad, fresh fruit, chocolate chip cookie	19
20	21 No School	22 No School	23 No school	24 Have A Great Thanksgiving 		
27	28 Cereal, hard boiled egg, banana Cheesy baked ziti, green salad, carrot sticks, fresh fruit	29 Pancake bowl, strawberries, sausage links Beef tacos, shredded lettuce, salsa, corn, fresh fruit, refried beans	30 Ham and cheese croissant, grapes Mac and cheese, mixed vegetables, fresh fruit			