

November Lunch



MONDAY

10/30) One Chicken Quesadilla with 2Tbsp of Mild Salas, 1/4 Cup of Lettuce and 1/8 Cup of Tomato Garnish, 1/2 Cup of Refried Beans, 1/2 Cup of Mixed Berries and One Cup of Milk

11/6) One Bean and Cheese Burrito with 2Tbsp of Milk Salsa, 1/4 Cup of Lettuce and 1/8 Cup of Tomato Garnish, 1/2 Cup of Steamed Corn, One Fresh Apple and One Cup of Milk.

11/13) One Hot Dog with two packets of Ketchup and Mustard, 1/2 Cup of French Fries, 1/2 Cup of Steamed Carrots, One Apple, and One Cup of Milk.

11/20) 6oz of Mac & Cheese, One Dinner Roll, 1/2 Cup of Green Beans, 1/4 Cup of Baby Carrots, 1/2 Cup of Diced Pears and One Cup of Milk.

11/27) Two Cheese Stuffed Breadsticks with Marinara Sauce, One Cup of Caesar Salad, One Apple and One Cup of Milk

TUESDAY

10/31) One Cheese Pizza, One Cup of Caesar Salad, 1/4 Cup of California Vegetables, 1/4 Cup of Fruit Cocktail and One Cup of Milk.

11/7) 3.6oz of Mandarin Orange Chicken, 1/2 Cup of Whole Grain Fried Rice, 1/2 Cup of Asian Vegetables, 1/4 Cup of Baby Carrots, 1/2 Cup of Pineapple Tidbits and One Cup of Milk

11/14) Four Chicken Nuggets, One Dinner Roll, 1/2 Cup of Green Beans, 1/2 Cup of Cucumber Slices, 1/2 Cup of Blueberries and One Cup of Milk.

11/21) One Chicken Bowl, 1/2 Cup of Grapes and One Cup of Milk.

11/28) 11/11 One Turkey Soft Taco, 1/2 Cup of Refried Beans, One Apple and One Cup of Milk.

WEDNESDAY

11/1) One Hamburger with One Serving of Assorted Condiments, 1/2 Cup of Baked Beans, 1-14 Cup of Salad with Ranch Dressing, 1/2 Cup of Diced Pears and One Cup of Milk.

11/8)
VET-RAN'S DAY
LUNCH

11/15) 3/4 Cups of Spagetti with 1/2 Cups of Meatballs, One Whole Grain Bread Stick, 1/2 Cup of Steamed Broccoli, One Apple and One Cup of Milk.

11/22)
NO SCHOOL

11/29) One Hot Ham & Cheese Sandwich, One Cup of Tomato Soup, 1/2 Cup of Celery Sticks and Ranch Dressing, 1/2 Cup of Diced Peaches and One Cup of Milk.

THURSDAY

11/2) One Grilled Chicken Sandwich with One Serving of Assorted Condiments, One Slice of Lettuce, One Slice of Tomato, 1/2 Cup of Steamed Broccoli, 1/2 Cup of Baby Carrots, 1/2 Cup of Fruit Cocktail and One Cup of Milk.

11/9)
NO SCHOOL

11/16) One Sloppy Joe Sandwich, 1/2 Cup of Baked Beans, 1/2 Cup of Watermelon and One Cup of Milk.

11/23)
NO SCHOOL

11/30) One Chicken Drumstick, One Dinner Roll, 1/2 Cup of Mashed Potatoes and 2fl oz of Chicken Gravy, 1/4 Cup of Carrots, 1/2 Cup of Applesauce and One Cup of Milk.

November Breakfast



MONDAY

10/30) One Cinnamon Crisp, 3/4 Cup of Fruit Salad, 1/4 Cup of Diced Peaches and One Cup of Milk.

11/6) One Cold Cereal, One (1.90z) Apple Cinnamon Muffin, One Juice Box, 1/2 Cup of Grapes and One Cup of Milk.

11/13) Two Whole Grain Pancakes and Syrup, 1/2 Cup of Cinnamon Apple Slices, 1/2 Cup of Grapes and One Cup of Milk.

11/20) One Slice of Whole Grain Toast with Assorted Jelly, 1/4 Cup of Scrambled Eggs, One Juice Box, 1/2 Cup of Orange Slices and One Cup of Milk.

11/27) One Cold Cereal, 1/4 Cup of Scrambled Eggs, One Juice Box, One Fresh Banana and One Cup of Milk.

TUESDAY

10/31) One Cold Cereal, One Honey Graham Crackers, One Cup of Cantaloupe and One Cup of Milk.

11/7) One Slice of Whole Grain Toast with Assorted Jelly, 1/4 Cup of Scrambled Eggs, 1/2 Cup of Diced Peaches, 1/2 Cup of Watermelon and One Cup of Milk.

11/14) One (1.90z) Blueberry Muffin, One Mozzarella String Cheese, One Juice Box, 1/2 Cup of Orange Slices and One Cup of Milk.

11/21) Two Whole Grain Waffles with Syrup, 1/2 Cup of Applesauce, 1/2 Cup of Strawberries and One Cup of Milk.

11/28) One Toasted English Muffin with Peanut Butter, One Apple, 1/2 Cup of Blueberries and One Cup of Milk.

WEDNESDAY

11/4) Two French Toast Sticks and One Syrup, One Juice Box, 1/2 Cup of Blueberries and One Cup of Milk.

11/8) One Whole Grain Bagel and Cream Cheese, One Juice Box, 1/2 Cup of Diced Pears, and One Cup of Milk.

11/15) One Egg and Sausage Sandwich, 1/2 Cup of Pineapple Tidbits, 1.5oz of Rasins and One Cup of Milk.

11/22)
NO SCHOOL

11/29) One Breakfast Burrito with 2Tbsp of Mild Salsa, One Juice Box, 1/2 Cup of Watermelon and One Cup of Milk.

THURSDAY

11/2) One Breakfast Burrito with 2Tbsp of Mild Salsa, One Apple, 1/2 Cup of Orange Slices and One Cup of Milk.

11/9)
NO SCHOOL

11/16) One Cold Cereal, One Mozzarella String Cheese, 1/2 Cup of Diced Peaches, One Apple and One Cup of Milk

11/23)
NO SCHOOL

11/30) One Cinnamon Crisp, 3/4 Cup of Fruit Salad, 1/4 Cup of Diced Peaches and One Cup of Milk.