

2022

November

Breakfast

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01	02	03	04	05	06
NO SCHOOL	NO SCHOOL	WG Blueberry Muffin (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	Apple Stick Fruitedel (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk		
07	08	09	10	11	12	13
WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	Pancake Maple Mini's (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	WG Bagel w/ Cream Cheese 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	WG Apple Muffin (CN) 4oz Yogurt (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk		
14	15	16	17	18	19	20
WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	WG Pop Tart 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	Blueberry Pancake Minis (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	Breakfast Bar Apple Oatmeal (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk		
21	22	23	24	25	26	27
NO SCHOOL	NO SCHOOL	NO SCHOOL	Holiday (Thanksgiving)	Holiday (Thanksgiving)		
28	29	30	31			
WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	Banana Bread (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	Bagel Cinnamon Cream Cheese Filled (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	WG Pop Tart (CN) 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk	WG Cereal 4oz Fruit Cup or Whole Fruit 4oz 100% Fruit Juice 1c Milk		
03	04					

This institution is an equal opportunity provider.

Note: Milk choice includes a choice of non-fat or 1% white milk. All grain items are whole grain (wg) rich.

2022

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	
	Hamburger on WG Bun 1/2c Potato Wedges 1/2c Mandarin Oranges Milk	Chicken Strips (CN) 1/2c Green Beans Whole Banana Milk	Ham & Cheese Sandwich on WG Kaiser Roll (2) Baby Carrots w/ Ranch Whole Apple Milk			
07	08	09	10	11	12	13
Taco Salad w/ Diced Tomatoes WG Tortilla Chips 1/2c Mixed Fruit 1c Milk	French Bread Cheese Pizza (CN) Baby Carrots 1/2c Pineapple 1c Milk	Spaghetti w/ Meat Sauce (2oz ground beef) Cheese Bread Stick (CN) 1/2c Green Beans 1/2c Diced Peaches	Baked Ham (2oz) WW Dinner Roll 1/2c Mashed Potatoes/Gravy 1/2c Mandarin Oranges	Turkey & Cheese Sandwich on WG Bread 1/2c Broccoli w/ Ranch Whole Apple Milk		
14	15	16	17	18	19	20
Chef's Salad (diced turkey, cheese, egg, diced tomatoes, cucumber slices) WG Dinner Roll Whole Orange	Pizza Quesadilla (CN) 1/2c Refried Beans Whole Apple 1c Milk	Beef Hot Dog on WG Bun 1/2c Cole Slaw 1/2c Mango Chunks 1c Milk	Roasted Turkey 1/2c Mashed Potatoes/Gravy WG Dinner Roll 1/2c Applesauce	Unrustable (CN) 1oz String Cheese (2) Baby Carrots 4oz Fruit Cup 1c Milk		
21	22	23	24	25	26	27
NO SCHOOL	NO SCHOOL	NO SCHOOL	Holiday (Thanksgiving)	Holiday (Thanksgiving)		
28	29	30	01	02	03	04
Meatloaf (CN) WG Dinner Roll 1/2c Mashed Potatoes/Gravy Applesauce 1c Milk	Lasagna Rolls w/ Marina Sauce (CN) 1/2c Green Beans 1/2c Apple Slices 1c Milk	Pork Rib (CN) on WG Bun 1/2c Baked Beans 1 Whole Orange 1c Milk	This institution is an equal opportunity provider. Note: Milk choice includes a choice of non-fat or 1% white milk. All grain items are whole grain (wg) rich.			
05	06					