

NOVEMBER 2022 BREAKFAST & LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

7
Breakfast: cereal
Lunch: chicken alfredo w/peas

Breakfast: breakfast bar
Lunch: alfredo w/peas

14
Breakfast: benefit bar
Lunch: spaghetti beef bolognese w/peas

Breakfast: oat bar
Lunch: spaghetti bolognese w/peas

21

28
Breakfast: cereal
Lunch: mac n' cheese w/chicken & peas

Breakfast: breakfast bar
Lunch: mac n' cheese w/peas

1
Breakfast: oat bar
Lunch: turkey & cheese sandwich w/ slaw

Breakfast: breakfast bar
Lunch: tu-no salad sandwich w/ slaw

8
Breakfast: cereal
Lunch: bean, cheese, & corn burrito

Breakfast: sunbutter w/ cracker
Lunch: bean, rice & corn burrito

15
Breakfast: oat bar
Lunch: turkey hot dog w/ tater tots

Breakfast: sunbutter w/ cracker
Lunch: grilled cheese w/ tater tots

22

29
Breakfast: benefit bar
Lunch: cheese burger w/ tater tots

Breakfast: breakfast bar
Lunch: grilled cheese w/ tater tots

2
Breakfast: muffin
Lunch: cheese burger w/ tater tots

Breakfast: cereal
Lunch: grilled cheese w/ tater tots

9
Breakfast: nutri-grain bar
Lunch: chicken fried rice

Breakfast: breakfast bar
Lunch: veggie fried rice

16
Breakfast: cereal
Lunch: bean, cheese & corn burrito

Breakfast: cereal
Lunch: bean, rice & corn burrito

23

30
Breakfast: cereal
Lunch: cheese ravioli w/ marinara sauce

Breakfast: cereal
Lunch: pasta w/ bolognese sauce

3
Breakfast: cereal
Lunch: chicken caesar wrap

Breakfast: breakfast bar
Lunch: sunbutter & jelly

10
Breakfast: muffin
Lunch: chicken nuggets w/ tater tots & cheese bread

Breakfast: cereal
Lunch: sunbutter & jelly

17
Breakfast: nutri-grain bar
Lunch: chicken sandwich w/ tater tots

Breakfast: breakfast bar
Lunch: sunbutter & jelly

24

25

4
Breakfast: benefit bar
Lunch: beef chili w/beans & rice

Breakfast: sunbutter w/ cracker
Lunch: chili beans w/ rice

11
VETERANS DAY

18
Breakfast: muffin
Lunch: beef meatloaf w/ mashed potatoes & gravy

Breakfast: cereal
Lunch: meatloaf w/ mashed potatoes

25

THANKSGIVING BREAK

**BREAKFAST INCLUDES MILK & FRUIT
 LUNCH INCLUDES MILK, FRUIT AND VEGETABLE**

RED MEALS ARE WHEAT FREE, DAIRY FREE, AND VEGAN*