

NOVEMBER 2017

Henderson Collegiate Charter School

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: 6
Yogurt w/ granola

Lunch:
Chicken Sandwich
Vegetable Beans

Breakfast: 7
Cereal Bar

Lunch:
Crispy Fish Patty w/ Rice
Seasoned Carrots

Breakfast: 8
Boiled Egg w/
Blueberry Mini Muffin

Lunch:
Penne Pasta w/ Marinara sauce
Seasoned Corn

Breakfast: 9
Cinnamon Roll

Lunch:
Sunbutter & Jelly Sandwich
Celery Sticks

10
**Veterans Day
Observed**

Breakfast: 13
Apple Frudel

Lunch:
Chicken Fajita w/ Peppers and Onions
Corn

Breakfast: 14
Toast w/ Cheese (4-8)
Cinnamon Roll (K-1 & 9-11)

Lunch:
Cheese Pizza
Sweet Potatoes

Breakfast: 15
Pancakes

Lunch:
Jerk Chicken w/ rice
Green Peas

Breakfast: 16
Banana Muffin

Lunch:
Crispy Fish Patty Sandwich
Pinto Beans

Breakfast: 17
Cereal w/ granola

Lunch:
Peanut Butter & Jelly Sandwich
Carrot Sticks

Breakfast: 20
Cereal

Lunch:
Thanksgiving Special

Breakfast: 21
French Toast

Lunch:
Peanut Butter & Jelly Sandwich
Carrot Sticks

22
Thanksgiving Break

23
Thanksgiving Break

24
Thanksgiving Break

Breakfast: 27
Yogurt w/ muffin

Lunch:
Grilled Chicken w/ rice
Navy Beans

Breakfast: 28
Biscuit w/ Cheese

Lunch:
Spaghetti w/ Meatballs
Grape Tomatoes

Breakfast: 29
Boiled Egg w/
Cinnamon Roll

Lunch:
Cheese Pizza
Green Beans

Breakfast: 30
Waffle

Lunch:
Chicken Salad
Mixed Vegetables



Additional Daily Menu Items:

- Salad: caesar, spring mix, or green. Except on early release days
- Milk: 1%, fat-free: regular, chocolate, or strawberry
- Fruit: banana, pear, apple or oranges.

Questions, comments or concern? Contact Preston Jackson, RD at pjackson@hendersoncollegiate.org