

November 2022

Drinks: 1% white milk, skim chocolate milk, juice offered w/breakfast, serving sizes dependent on grade level



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 B: Pop tarts, fruit L: Cheeseburgers, salad, carrots, fruit	2 B: Muffins, fruit L: Deli Sandwich, pasta salad, celery, fruit	3 B: Yogurt, Granola, Cereal L: Chicken Patty, Macaroni salad, tomatoes, fruit	4 B: nutria grain bar, fruit L: deli sandwich, carrots, celery, cheese stick, fruit	5 weekend
6 weekend	7 B: Cinnamon roll, fruit L: Cheeseburger, potatoes, carrots, fruit	8 B: Muffin, fruit L: Pasta w/sauce, carrots, cooked broccoli, fruit	9 B: Donut, fruit L: chicken, potato salad, coleslaw, collards, corn bread, mixed vegetables, fruit	10 B: Yogurt/Granola, Fruit L: cheeseburger, salad, cucumbers, tomatoes, fruit	11 Veterans Day No school 	12 weekend
13 weekend	14 B: super donut, fruit L: Hot dog, coleslaw, celery, fruit	15 B: yogurt & Granola, fruit L: Chicken, pasta salad, broccoli, fruit	16 B: pop tarts, fruit L: Tacos, corn dogs, Baked Beans, carrots, fruit	17 B: Muffin, fruit L: Thanksgiving meal(based on supplies)	18 B: cinnamon rolls, fruit L: PB&J's, celery, carrots, crackers, cheese sticks, fruit	19 weekend
20 weekend	21 B: Nutri grain, fruits L: Turkey/Ham and cheese, carrots, tomatoes, fruit	22 B: Muffin, fruit L: deli sandwich, PB&J, broccoli, celery, cheese stick, crackers, fruit	23 No School	24 No School	25 No School	26 No School
27 No school	28 B: Donut, fruit L: PB&J, carrots, celery, cheese stick, crackers, fruit	29 B: muffin, fruit L: nachos, Beans, fruit	30 B: nutria grain bars, fruit L: chicken, pizza, salad, cucumbers, carrots, fruit			

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