

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Cheerios &amp; oranges</p> <p>Shepherd's pie, buns, peppers, milk</p> <p>Pita bread, cucumbers, cream cheese</p>	<p>5 Oatmeal, apples &amp; raisins</p> <p>Broccoli &amp; cheese quiche, Sweet Potato Wedges, peas, Milk</p> <p>Bananas/wow butter wraps</p>	<p>6 Eggs, English Muffins, plums</p> <p>Chicken stew, Buns, cucumbers, milk</p> <p>Melba toast &amp; wow butter, melon</p>	<p>8 Raisin Toast, Pears</p> <p>Beef-a-roni, Green Beans, milk</p> <p>Humus, Naan bread, peppers</p>	<p>9 Yogurt, Granola</p> <p>Roasted chicken, rice, mixed veggies, cucumber milk</p> <p>Oatmeal Cookies, bananas</p>
<p>12 Bagels, Cream Cheese, Apples</p> <p>Chicken/veggie/rice soup, Grilled Cheese sandwiches, raw veggies, milk</p> <p>Cheese, Triscuits &amp; peppers</p>	<p>13 Yogurt, fruit fiesta</p> <p>Spaghetti &amp; meatballs, cucumbers, Garlic Bread, milk</p> <p>Pita, hummus, Raw Green Beans</p>	<p>14 Cornflakes, Milk, Plums</p> <p>Meatloaf, mashed potatoes, buns, peas, milk</p> <p>Avocado, Triscuits, Cheese</p>	<p>15 Graham Wafers &amp; applesauce</p> <p>Chicken/veggie quesadillas, rice, salsa, cucumbers, milk</p> <p>Banana bread, melon</p>	<p>16 Cheerios, pears</p> <p>Salmon nuggets, pasta parm, peas, corn, milk</p> <p>Clementines, Mary's Crackers</p>
<p>19 Raisin toast, Bananas</p> <p>Taco bake, rice, peas, salsa, sour cream, milk</p> <p>Pita, humus &amp; cucumber</p>	<p>20 Apples, Rice Krispies</p> <p>Roast pork, roasted potatoes, applesauce, milk</p> <p>Trial mix, oranges</p>	<p>21 Melba toast, cream cheese</p> <p>Beef/Veggie/barley soup, deluxe pizza, raw veggies, milk</p> <p>Banana, Wow Butter Wraps</p>	<p>22 Applesauce, granola</p> <p>Scrambled Eggs, Roast Potatoes, Berries, Buns, milk</p> <p>Rice pudding, Apple Chunks</p>	<p>23 Eggs, English Muffin</p> <p>Lasagna, Raw gr. Beans, Garlic Bread, Milk</p> <p>Mango, Triscuits &amp; cheese chunks</p>
<p>26 Melba toast, cream cheese, avocado</p> <p>Chili, peppers, buns, milk</p> <p>Graham wafers, Clementines</p>	<p>27 Berries, corn flakes</p> <p>Salmon Nuggets, Potato wedges, peas, buns, milk</p> <p>Cocoa Zucchini Bread Pears</p>	<p>28 Bagels, cream cheese, oranges</p> <p>Tomato Macaroni soup, sandwiches, cucumbers, milk</p> <p>Rice crackers, cheese, Apples</p>	<p>29 Fruit Yogurt &amp; granola</p> <p>Meatballs, cooked carrots, Potatoes, bread, milk</p> <p>Triscuits, raw veggies &amp; dip</p>	<p>30 Oatmeal, apples cinnamon, raisins</p> <p>Chicken/veggie quesadillas, rice, salsa, peppers, milk</p> <p>Clementines, Trail Mix</p>