

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 Mini Wheats, Milk Berries</p> <p>Broccoli & Cheddar Quiche, Spanish Rice Corn, milk</p> <p>Clementines, Trail Mix</p>	<p>1 Raisin toast & Apples</p> <p>Beef/Veggie/Barley Soup, Cheese/veggie & bean Quesadillas, Milk</p> <p>Bananas & Apple Bread</p>	<p>2 Bagels, Cream Cheese, plums</p> <p>Chicken, Mashed Potatoes & Carrots, Buns, milk</p> <p>Oranges & Breton Crackers</p>	<p>3 Yogurt & Pears</p> <p>Beef-a-roni, Green Beans, raw peppers, milk</p> <p>Melon & graham Wafers</p>	<p>4 Granola & Applesauce</p> <p>Fish Tacos, Chopped Lettuce, Guacamole, Rice Pilaf milk</p> <p>Melba toast & wow butter, bananas</p>
<p>7 Cheerios, Milk Apples</p> <p>Spaghetti & meat sauce, peppers, Garlic Bread, milk</p> <p>Blueberries & Animal Crackers</p>	<p>8 Yogurt, fruit fiesta</p> <p>Chicken Stew, Buns, Peppers, Milk</p> <p>Pita, Cream Cheese, Cucumbers</p>	<p>9 Pancakes, Syrup, & Berries</p> <p>Salmon nuggets, Mac & Cheese, peas, roasted Carrots, milk</p> <p>Banana wow Butter Wraps</p>	<p>10 Pears & Toast</p> <p>Meatballs & gravy, mashed potatoes, bread, corn, milk</p> <p>Plums & Rice Cakes</p>	<p>11 English Muffins, Eggs</p> <p>Chicken/veggie quesadillas, rice, salsa, cucumbers, milk</p> <p>Oatmeal Cookies, Oranges</p>
<p>14 Melba toast, Cream Cheese Avocado</p> <p>Taco Bake, Corn, Salsa, Sour Cream, milk</p> <p>Frozen Fruit Yogurt Tubes, Graham Wafers</p>	<p>15 Apples, Rice Krispies</p> <p>Scrambled Eggs, Roast Potatoes, Green Beans, Buns, milk</p> <p>Trial mix, oranges</p>	<p>16 English Muffins Wow Butter & Fruit Spread</p> <p>Roast chicken, Spanish Rice, peas, milk</p> <p>Triscuits, Cheese & Dill Pickles</p>	<p>17 Raisin toast, Bananas</p> <p>Minestrone Soup, Sandwiches, Shredded Lettuce, Milk</p> <p>Apple Crisp & Ice Cream</p>	<p>18 Bagels & Cream Cheese, Strawberries</p> <p>Lasagna, salad, Milk</p> <p>Plums & Buns</p>
<p>21 Cheerios, Milk, Pears</p> <p>Ham & Cheese Quiche, Mac & Cheese, Green Beans, Peppers, Milk</p> <p>Oranges & Arrowroots</p>	<p>22 Cinnamon toast, apples</p> <p>Salmon Nuggets, Rice Pilaf, Peas, Corn, Milk</p> <p>Frozen fruit & Vanilla Yogurt</p>	<p>23 Mini Wheats, Milk, Bananas</p> <p>Chicken/Veggie/noodle Soup, Grilled Ham & Cheese, Cucumber, Milk</p> <p>Triscuits, raw veggies, dip</p>	<p>24 Melba Toast, Cream Cheese, Plums</p> <p>Meatballs, roasted carrots, Mashed Potatoes, bread, milk</p> <p>Apple Cinnamon Bites & rice cakes</p>	<p>25 Oatmeal, apples cinnamon, raisins</p> <p>Chicken/veggie quesadillas, rice, salsa, peppers, milk</p> <p>Pumpkin Bread, pears</p>
<p>28 English Muffins, Fruit Spread</p> <p>Chili, Buns, Cucumber milk</p> <p>Trail Mix & Apples</p>	<p>29 Rice Krispies, milk Pears</p> <p>Chicken/veggie stir fry, fried veggie rice, milk</p> <p>Banana Wow Butter Wraps</p>	<p>30 Toasted Raisin Bagels, Melon</p> <p>Sloppy Joes, Corn, roasted Carrots, Milk</p> <p>Oatmeal Cookies, Plums</p>	<p>1 Eggs, English Muffins, Oranges</p> <p>Roasted Chicken, Potatoes, Peas, Milk, Buns, cucumbers</p> <p>Crackers, cream cheese, tomatoes</p>	<p>2 Corn flakes, Milk, Bananas</p> <p>Macaroni & cheese, Meatloaf, Green Beans, peppers, Milk</p> <p>Cheese, crackers. peppers</p>