



Lunch - November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Mini Tacos (6 ea) Corn (3/4 cup) Mixed Fruit	Asian Chicken (4 oz) Broccoli (3/4 cup) Rice (2 oz) Peaches (1/2 cup)	Chicken Patty (1 ea) Fries (3/4 cup) Pears (1/2 cup)	Cheese Pizza (1 ea) Salad (3/4 cup) Applesauce (1/2 cup)
7	8	9	10	11
Hamburger (1 ea) Onion Rings (3/4 cup) Pears (1/2 cup)	Taco w/ Ground Turkey, Lettuce, Cheese, Tomatoes, and Sour Cream (1 ea) Corn (3/4 cup) Applesauce (1/2 cup)	Asian Chicken (4 oz) Broccoli (3/4 cup) Rice (2 oz) Peaches (1/2 cup) Salad Bar	Spaghetti w/ Ground Turkey (4 ounces) Green Beans (3/4 cup) Mozzarella Sticks (2 ea) Pineapples (1/2 cup)	Chicken Strips (3 ea) Fries (3/4 cup) Apple Slices (1/2 cup)
14	15	16	17	18
Hot Dog (1 ea) Baked Beans (3/4 cup) Peaches (1/2 cup)	Mini Tacos (6 ea) Corn (3/4 cup) Mixed Fruit	Asian Chicken (4 oz) Broccoli (3/4 cup) Rice (2 oz) Peaches (1/2 cup)	Spaghetti w/ Ground Turkey (4 ounces) Green Beans (3/4 cup) Mozzarella Sticks (2 ea) Pears (1/2 cup)	Cheese Pizza (1 ea) Salad (3/4 cup) Applesauce (1/2 cup)
21	22	23	24	25
Hamburger (1 ea) Onion Rings (3/4 cup) Pears (1/2 cup)	Chicken Drumstick (1 ea) Mashed Potatoes (1/4 cup) Green Beans (1/2 cup) Applesauce (1/2 cup) Roll (1 ea)	No School- Thanksgiving Break	No School- Thanksgiving Break	No School- Thanksgiving Break
28	29	30		
Hot Dog (1 ea) Baked Beans (3/4 cup) Peaches (1/2 cup)	Mini Tacos (6 ea) Corn (3/4 cup) Mixed Fruit	Chili w/ Ground Turkey (4 oz) Cornbread (1 ea) Pineapples (1/2 cup) Salad Bar		



Breakfast - November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Omelet w/ Cheese (1 each) Toast (1 each) Applesauce (1 each)	French Toast Sticks (2 each) Turkey Sausage (1 each) Strawberries (1/2 cup)	Biscuit (1 ounce) Chicken Patty (1 each) Apple Slices (1/2 cup)	Pancake (1 each) Turkey Bacon (2 each) Peaches (1/2 cup) Apple Juice (1 each)	Oatmeal (2 ounces) Turkey Bacon (2 each) Apple Juice (1/2 cup)



Morning Snacks - November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Cheez Its (1 oz)	Tropical Fruit Cup (1/2 cup)	Pretezels (1 oz)	Apple (1 ea)	Sun Chips (1 ea)



Snacks - November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Goldfish Crackers (1.4 ounces) Craisins (1 each) Apple Juice (4 ounces for JK-K, and 6 ounces for 1st-6th)	Chocolatechip Muffins (1 each) Strawberry Yogurt (4 ounces) Water (8 ounces)	Whole Grain Chocolate Chip Cookies (1.22 ounces) Cheese Stick (1 each) Milk (8 ounces)	Whole Grain Rice Krispy Treat (1 each) Apple Slices (1 each) Water (8 ounces)	Whole Grain Pop-Tart (1 ounce) Applesauce Pouch (1 each) Orange Juice (4 ounces for JK- K, and 6 ounces for 1st-6th)