

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Blueberry Muffin w/ Fruit, Water/Milk	2 Whole Grain Croissant w/Fruit,Water/Milk	3 Whole Grain Waffles w/ Fruit,Water/Milk	4 Whole Grain Bagel w/Fruit,Water/Milk
	Beef Taco Bowl w/Whole Grain Brown Rice w/Black Beans & Corn Fruit, Milk/Water	Chicken Alfredo w/Whole Grain Pasta w/Green Peas Fruit, Milk/Water	BBQ Chicken w/Mac & Cheese w/Carrots Fruit, Milk/Water	Whole Grain Cheese Pizza w/ Green Beans w/ Red Peppers, Fruit, Milk/Water
	Yogurt, Fruit, Water	Animal Cracker , Fruit, Milk/Water	Pancake, Fruit, Milk/Water	Sweet Potato, Fruit, Milk/Water
7	8 Blueberry Muffin w/ Fruit, Water/Milk	9 Whole Grain Croissant w/Fruit,Water/Milk	10 Whole Grain Waffles w/ Fruit,Water/Milk	11 Whole Grain Bagel w/Fruit,Water/Milk
American Chop Suey w/Whole Grain Pasta w/Carrots Fruit, Milk/Water	Whole Grain Chicken Tenders w/Brown Rice & Baked Beans w/Sweet & Sour Sauce Fruit, Milk/Water	Meatball & Mozzarella Sandwich w/Whole Grain Bun w/Tater Tots Fruit, Milk/Water	Whole Grain Cheese Pizza w/Broccoli Fruit, Milk/Water	Whole Grain Cheese Pizza w/Mixed Vegetables Fruit, Milk/Water
Gold Fish, Fruit, Milk/Water	Mozzarella Cheese Sticks, Fruit, Water	Terra Vegetable Chips, Fruit, Milk/Water	Saltine Crackers, Fruit, Milk/Water	French Toast Sticks, Fruit, Milk/Water
14	15 Blueberry Muffin w/ Fruit, Water/Milk	16 Harvest Meal!! Whole Grain Croissant w/Fruit,Water/Milk	17 Whole Grain Waffles w/ Fruit,Water/Milk	18 Whole Grain Bagel w/Fruit,Water/Milk
Grilled Cheese on Whole Grain Croissant, w/ Carrots Fruit, Milk/Water	Spaghetti & Turkey Meatballs w/ Red Sauce w/Green Beans w/ Red Peppers Fruit, Milk/Water	Beef Pastelon (Latin Lasagna) w/Plantains & Cheddar Cheese w/ WG Cornbread Fruit, Milk/Water	Cheeseburger w/Whole Wheat Bun w/Baked Beans Fruit, Milk/Water	Whole Grain Cheese Pizza w/Broccoli Fruit, Milk/Water
Sweet Potato, Fruit, Milk/Water	Yogurt, Fruit, Water	Gold Fish, Fruit, Milk/Water	Animal Cracker , Fruit, Milk/Water	Pancake, Fruit, Milk/Water
21	22 Blueberry Muffin w/ Fruit, Water/Milk	23 Whole Grain Croissant w/Fruit,Water/Milk	24 Thanksgiving Day No School	25 Day After Thanksgiving No School
Creamy Cajun Chicken w/Whole Grain Pasta w/Carrots Fruit, Milk/Water	Roast Turkey w/ Mashed Potatoes, w/Combread Stuffing w/ Broccoli & Cranberry Sauce Fruit, Milk/Water	Whole Grain Chicken Nuggets w/Brown Rice, Baked Beans w/Sweet &Sour Dipping Sauce Fruit, Milk/Water		
Mozzarella Cheese Sticks, Fruit, Water	French Toast Sticks, Fruit, Milk/Water	Terra Vegetable Chips, Fruit, Milk/Water		
28	29 Blueberry Muffin w/ Fruit, Water/Milk	30 Whole Grain Croissant w/Fruit,Water/Milk		
Cheesy Chicken & Rice Casserole w/Carrots Fruit, Milk/Water	Chicken Tacos w/Whole Grain Tortilla w/ Black Beans & Corn, Fruit, Milk/Water	Chicken Parm Sandwich w/Whole Wheat Bun w/Broccoli Fruit, Milk/Water		
Saltine Crackers, Fruit, Milk/Water	Sweet Potato, Fruit, Milk/Water	Yogurt, Fruit, Water		

I _____ agree to serve ALL above food to my child/children _____

Signature: _____ Date: _____

Notes:
 Breakfast
 Lunch
 Snack