

November Breakfast 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CINNAMON ROLL FRUIT	2 LARGE MUFFIN FRUIT
5 CEREAL BOWL GRAHAM CRACKERS FRUIT	6 POPTART YOGURT FRUIT	7 SAUSAGE & CHEESE BISCUIT FRUIT	8 BAGEL & CREAM CHEESE FRUIT	9 MINI MUFFINS FRUIT
12 	13 MINI BAGELS FRUIT	14 PIZZA BAGEL FRUIT	15 BANANA BREAD FRUIT	16 LARGE MUFFIN FRUIT
19 CEREAL BOWL TOAST FRUIT	20 WAFFLES FRUIT	21 		
26 CEREAL BOWL GRAHAM CRACKERS FRUIT	27 BANANA BREAD FRUIT	28 PANCAKES FRUIT		



Alternative fruit,
skim & 1% Milk
Offered Daily



"Having Breakfast is the Best Way to
Start the Day and Prolong Your Life!"

Menu is subject to change due to product availability
"This institution is an equal opportunity provider and employer"

November Lunch 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	2 NO LUNCH
5 CRISPY CHICKEN SANDWICH GREEN LEAF & CORN FRUIT	6 STEAK QUESADILLA BEANS LETTUCE & TOMATO FRUIT	7 BAKED MARINARA BEEF ZITI CELERY & CARROTS FRUIT	8 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	9 NO LUNCH
12 	13 BEAN & CHEESE NACHOS LETTUCE & TOMATO CUCUMBERS FRUIT	14 SPAGHETTI W/ MEATSAUCE CORN & CARROTS FRUIT	15 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	16 NO LUNCH
19 CRISPY CHICKEN TENDERS W/ MAC N CHEESE CORN & CELERY FRUIT	20 THANKSGIVING DINNER PLATE	21 		
26 CORN DOG PASTA SALAD W/ HAM CORN & CARROTS FRUIT	27 STEAMED RICE WITH CHICKEN & VEGGIES GARBANZOS & CELERY FRUIT	28 CHICKEN ALFREDO PASTA CARROTS & CUCUMBERS FRUIT	29 PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	30 NO LUNCH



Alternative fruit,
Fat Free & 1% Milk
Offered Daily



"Eat a variety of foods from the 5 food
groups everyday, this will give your body
the energy, vitamins, and minerals it needs"

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