



# NOVEMBER

2022



## Breakfast/Lunch Menu

BREAKFAST MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M/MA or Grains Fruit or Veg Milk	**WG Cheerios/Corn Flakes Diced Pears	**WG French Toast Sticks Mixed Fruit	Egg Patty Mandarin Orange	**WG Pancakes Bananas	**WG Cheerios/Corn Flakes Diced Peaches
		K5-String Cheese/Graham Cracker	K5-Cereal Bar	K5-Yogurt/Graham Cracker	
	K5-8th: Apple Juice	K5-8th: Orange Juice	K5-8th: Apple Juice	K5-8th: Orange Juice	K5-8th: Apple Juice
LUNCH MEAL PATTERN					
		11/1/2022	11/2/2022	11/3/2022	11/4/2022
M/MA Vegetables Fruit Grains Milk		Turkey Ham & Cheese Sandwich Carrot Coins/ Fresh Celery Sticks Fresh Apples **WG Bread  <i>Condiment: Ranch/Mayo</i>	**WG Chicken Nuggets Baked Fries/ Fresh Cucumbers Diced Pear  <i>Condiment: Ketchup/Ranch</i>	Turkey Hot Dog Green beans/Fresh Broccoli Fruit Mix **WW Bun  <i>Condiment: Ketchup/Ranch</i>	**WG Mostaccioli California Blend/Cherry Tomato Banana String Cheese  <i>Condiment: Ranch</i>
	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
M/MA Vegetables Fruit Grains Milk	Chicken Alfredo Broccoli Cuts/Corn Fresh Orange Breadsticks  <i>Condiment: Ranch</i>	Toasted Cheese Sandwich Green Beans/Sweet Potatoes Fries Pineapple Tidbits **WG Bread  <i>Condiment: Ranch</i>	Chicken Patty Potato Wedges/Celery Sticks Sliced Peaches **WG Bun  <i>Condiment: Ketchup/Ranch</i>	Mozarella Pizza Sticks Carrots coins/Fresh Cucumbers Pears Sliced  <i>Condiment: Marinara Sauce</i>	Beef tacos Beans/Lettuce Fresh apple Taco Shells Shredded Cheese <i>Condiment: Salsa</i>
	11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
M/MA Vegetables Fruit Grains Milk	Turkey Mini Corn Dogs Baked Fries/Celery Sticks Grapes  <i>Condiment: Ketchup/Ranch</i>	Chicken Fajitas Cucumbers/Pinto Beans Fruit Mix **WG Tortilla  <i>Condiment: Ketchup/Ranch</i>	Cheeseburger Sweet Potatoes/Celery Sticks Peaches dice **WG Bun  <i>Condiment: Ketchup/Ranch</i>	Cheese Quesadillas Broccoli/Sweet Peas Fresh Apple **WG Tortilla  <i>Condiment: Ranch</i>	Chicken Parmesan Sweet corn/Baby Carrots Pears Diced **WG Pasta  <i>Condiment: Ranch</i>
	11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
M/MA Vegetables Fruit Grains Milk	Macaroni & Cheese Broccoli/Corn Applesauce  <i>Condiment: Ranch</i>	Sliced turkey with gravy Masheed potatoes/Green Beans Raisins **WG Dinner rolls			
	11/28/2022	11/29/2022	11/30/2022		
M/MA Vegetables Fruit Grains Milk	Garlic Cheese Pizza Mixed Veggies/Cucumbers Pineapple Tidbits  <i>Condiment: Ranch</i>	**WG Chicken Nuggets Potatoes Wedge/Carrot Coins Diced Peaches  <i>Condiment: Ketchup</i>	Fish Sticks Mashed Potatoes/Peas Mandarin Orange  <i>Condiment: Tarta Sauce</i>		



\*Whole Wheat  
\*\*Whole Grain  
\*\*\*All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Fat Free Flavored Milk

