

November 1 - November 30

# What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mixed Fruit Cup-1/2 c. 100% Apple Juice-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	2 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Cinn. Toasters Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	3 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	4 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	5 Fresh Orange-1 W/G Honey Scooters-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.
8 Fresh Apple-1 W/G Rice Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	9 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Frosted Mini Wheat Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	10 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	11 Diced Peach Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Cheerios-1 oz. W/G Strawberry Waffle Grahams-2 Milk-8 oz.	12 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.
15 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	16 Fresh Red Apple-1 W/G Fruit Loops-1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.	17 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	18 Fresh Pear-1 W/G Cinnamon Chex Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	19 Granny Smith Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
22 Fresh Apple-1 W/G Trix Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	23 Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	24 Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	25 <b>HAPPY THANKSGIVING</b>	26 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.
29 Fresh Orange-1 W/G Raisin Bran Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	30 Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.			

November 1 - November 30

# What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 W/G Chicken Fingers-3 Corn-3/4c Whole Wheat Dinner Roll-1 Fresh Orange-1 Milk-8 oz.	2 Beef Tacos with Cheddar Cheese-2oz Fresh Green Beans 6" Flour Tortilla-2 Granola Bar-1 Milk-8oz	3 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4c Fresh Pear-1 Milk-8 oz.	4 Strawberry Yogurt Cup-4oz Cheddar Cheese Stick-1oz Fresh Orange-1 Grape Juice-4oz Whole Grain Animal Crackers-1 Milk-8oz	5 3x5 Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
8 All Beef Hamburger on a Whole Wheat Bun-1 Sliced Carrots-1 c. Fresh Apple-1 Milk-8 oz.	9 Chicken Tacos with Cheddar Cheese-2oz Bean Salad Cup-3/4c 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.	10 Turkey Ham and Cheese on a Wheat Kaiser Roll-1 Fresh Broccoli W/Dip-3/4c Fresh Pear-1 Milk-8oz	11 W/G Popcorn Chicken-3.8 oz. Green Beans-3/4 c. Whole Wheat Dinner Roll-1 Fresh Banana-1 Milk-8 oz.	12 3x5 Pizza-2 Slices Sliced Cucumber W/Dip-3/4c Jello Cup-1 Milk-8oz
15 Hot Turkey W/Gravy-3.5oz Mashed Potatoes-3/4c Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	16 Beef Nachos with Cheddar Cheese-2oz Celery Sticks W/Dip 3/4oz W/G Tortilla Scoops-1oz Fresh Pear-1 Milk-8 oz.	17 All Beef Italian Sub-1 Beef Bologna Beef Salami and American Cheese Fresh Carrots W/Dip-3/4c Peach Applesauce Cup-1 Milk-8 oz.	18 W/G Chicken Fingers-3 Vegetarian Beans-3/4 c. Whole Wheat Dinner Roll Cherry Craisins-1/2 c. Milk-8 oz.	19 3x5 Pizza-2 Slices Tomato Cup W/Dip-3/4c Fresh Banana-1 Milk-8 oz.
22 Beef Bologna and Cheese on Wheat Kaiser Roll-1 Celery Sticks W/Dip-3/4c Applesauce Cup-1/2c Milk-8 oz.	23 Turkey Breast on a W/G Roll-1 Fresh Carrots W/Dip-3/4c Pineapple Cup-1/2c Milk-8oz	24 Sliced Chicken and Cheese on Whole Wheat Bread-1 Salad W/Dressing-1 1/2 c Fruit Cup-1/2c Milk-8 oz.	25 <b>HAPPY THANKSGIVING</b>	26 NO School Thanksgiving Break
29 W/G Chicken Fingers-3 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	30 Beef Taco with Cheddar Cheese-2oz Spanish Rice-3/4c Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.			

# NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fresh Fruit	2 Fresh Fruit	3 Fresh Fruit	4 Fresh Fruit	5 Fresh Fruit	6
	Goldfish	Cheese Stick	Cheez-It	Granola Bar	Pretzels	
7	8 Fresh Fruit	9 Fresh Fruit	10 Fresh Fruit	11 Fresh Fruit	12 Fresh Fruit	13
	Veggie Straws	Peanut Butter Crackers	Animal Crackers	Oatmeal Cookies	Go-Gurts Yogurt	
14	15 Fresh Fruit	16 Fresh Fruit	17 Fresh Fruit	18 Fresh Fruit	19 Fresh Fruit	20
	Graham Crackers	Granola Bar	Goldfish	Cheese Stick	Cheese-It	
21	22 Fresh Fruit	23 Fresh Fruit	24 Fresh Fruit	25 HAPPY THANKSGIVING	26 NO SCHOOL THANKSGIVING BREAK	27
	Granola Bar	Pretzels	Veggie straws			
28	29 Fresh Fruit	30 Fresh Fruit				
	Peanut Butter Crackers	Animal crackers				