

November 2 - November 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Diced Peach Cup-1/2 c. 100% Grape Juice-4 oz. Strawberry Shred. Wheat Crl-1 oz. Maple Waffle Grahams-2. Milk-8 oz.	3 Fresh Apple-1 W/G Honey Scooters Cereal-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	4 Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. Whole Wheat Bagel with Cream Cheese-1 Milk-8 oz.	5 Fresh Orange-1 W/G Superdonut-1 Milk-8 oz.	6 Cherry Craisins-1/2 c. 100% Orange/Tang. Juice-4 oz. W/G Cocoa Roos Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.
9 Fresh Orange-1 W/G Blueberry Pop Tart-2 Milk-8 oz.	10 Fresh Pear-1 100% Orange/Tang/Juice-4 oz. W/G Strawberry Muffin-2 oz. W/G Trix Cereal-1 oz. Milk-8 oz.	11 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Cinnamon Raisin Bagel w/ Cream Cheese-1 Milk-8 oz.	12 Fresh Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Strwbry Waffle Grahams-2 Milk-8 oz.	13 Mandarin Orange Cup-1/2 c. Honey Graham Toasters Crl-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
16 Diced Peach Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. W/G Corn Chex Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	17 Mango Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Pebbles-1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.	18 Fresh Apple-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	19 Fresh Orange-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	20 Golden Apple-1 W/G Multigrain Cheerios-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.
23 Mixed Berries Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Cheerios-1 oz. Apple Breakfast Bar-1/Milk-8 oz.	24 Fresh Orange-1 W/G Fruit Loops-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	25 Fresh Apple-1 W/G Blueberry Shredded Wheat Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	26 HAPPY THANKSGIVING	27 NO SCHOOL
30 Fresh Apple-1 W/G Strawberry Pop Tart-2 Milk-8 oz.				

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2 Sliced Chicken and Cheese on a Whole Wheat Bun-1 100% Orange/Tang. Juice-4oz Fresh Apple-1 Milk-8oz	3 Beef Tacos with Shredded Cheddar Cheese-2oz Fresh Baby Carrots W/Dip-1c Mandarin Orange Cup-1/2c Milk-8oz	4 Turkey Meatballs W/Sauce Whole Grain Hot Dog Bun-1 Corn-3/4c Diced Pear Cup-1/2c Milk-8oz	5 Sun Butter & Jelly Uncrustable on Whole Grain Bread-1 100%Grape Juice Strawberry Applesauce Cup-1/2c Milk-8oz	6 Tony Pizza -5oz Fresh Broccoli W/ Dip-3/4c Fresh Orange-1 Milk-8oz
9 Strawberry yogurt Cup-4oz Cheddar Cheese Stick-1oz Fruit Cup-1/2c 100% Apple Juice-4oz Whole Grain Animal Crackers-1 Milk-8oz	10 Turkey Ham and Swiss Cheese on Whole Grain Bread-1 Fresh Broccoli with dip-3/4c Craisins-1/2c Milk-8oz	11 All Beef Hot Dog on a Whole Wheat Bun-1 French Fries-3/4c Banana-1 Milk-8 oz.	12 Turkey Breast on a W/G Potato Bun-1 Celery Sticks W/Dip-3/4c Fresh Orange-1 Milk-8oz	13 Tony Pizza-5oz Fresh Carrots W/Dip-3/4c Applesauce Cup-1/2c Milk-8oz
16 Hummus Cup-2oz Mini Pretzels-1 Blueberry Yogurt-4oz Diced Pear Cup-1/2c Milk-8oz	17 Grilled Chicken Tacos with Shredded Cheddar Cheese-2 Corn-3/4 c. W/G 6" Flour Tortilla-2 Cherry Craisins-3/4 c. Milk-8 oz.	18 W/G Chicken Nuggets-5 Green Beans-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	19 Beef Bologna & Cheese on Wheat Hamburger Bun-1 Rasp. Lemonade Craisins-3/4 c Fruit Punch-4oz Milk-8 oz.	20 Tony Pizza -5oz Celery Sticks W/Dip-3/4c Mixed Fruit Cup-1/2c Milk-8oz
23 Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	24 Grilled Chicken Wrap W/Lettuce and Tomato on W/W Wrap-1 100%Apple Juice-4oz Mandarin Orange Cup-1/2c Milk-8oz	25 All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c.. Applesauce Cup-1/2 c. Milk-8 oz.	26 HAPPY THANKSGIVING	27 NO SCHOOL
30 All Beef Italian Sub-1 Beef Bologna Beef Salami and Cheese 100% Fruit Punch-4oz craisin-1/2c Milk-8oz				