

November 2022

AM Snacks - Cinnamon toast, yogurt, biscuits and jelly, toast w/butter, cereal bars, cereal, waffles w/syrup

Drinks- Apple and grape juice

PM Snacks - Cookies, veggie straws, cheese its, Chex mix, cake, pretzels, graham crackers

Drinks - Kool aid

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Dirty rice w/beef Sliced bread Fruit cocktail Milk	Hamburgers, lettuce, tomato, pickles Apple Slices Milk	Navy beans w/rice Sliced bread Pears Milk	Peanut butter & jelly Celery sticks w/ranch Grapes Milk	
6	Chicken nuggets Mashed potatoes Sweet peas Oranges Milk	Cheesy chicken pasta Cucumbers w/ranch Peaches Milk	Corndogs Cucumbers w/ranch Bananas Milk	Red beans w/rice Cornbread Peaches Milk	Ham & cheese sandwich Carrot sticks w/ranch Apples Milk	12
13	Fish sticks Tater tots w/ketchup Corn Pears Milk	Macaroni w/beef sauce Green beans Grapes Milk	Grilled cheese sandwich Celery w/ranch Bananas Milk	Black eyed peas w/rice Sliced bread Apples Milk	Bologna sandwich Cucumbers w/ranch Fruit cocktail Milk	19
20	Pepperoni pizza rolls Green salad w/ranch Oranges Milk	Corndogs Cucumber w/ranch Bananas Milk	Turkey & cheese sandwich Carrot sticks Pears Milk	24 OUT FOR THANKSGIVING		26
27	Vegetable pasta w/ham Green beans Fruit cocktail Milk	Chicken & sausage jambalaya Green salad Apples Milk	Hotdogs on buns Celery w/ranch Grapes Milk			