

Monday	Tuesday	Wednesday	Thursday	Friday
NOVEMBER MENU				
3 Mini Bagel w/ Cream Cheese B: --, Bagel, --, Strawberries, Lowfat Milk - 1% Fruit: strawberries Beans & Rice. L: Black Beans, Brown Rice(WG), Cucumbers, Bananas, Lowfat Milk - 1% Fruit: banana Vegetable: cucumbers Cheese & Oranges P: String Cheese, --, --, Oranges, -- Fruit: oranges	4 Ham&Cheese Sandwich B: Ham & Cheese, White / Wheat Bread(WG), --, Bananas, Lowfat Milk - 1% Fruit: bananas Chicken Alfredo. L: Chicken Breast, Noodles / Pasta, Mixed Vegetables, Watermelon, Lowfat Milk - 1% Frit: watermelon Vegetable: mix vegetables Rice Cakes w/ Juice P: --, Rice Cake, --, Apple Juice, -- Juice: apple juice	5 French Toast B: Egg, Total Whole Wheat(WG), --, Mixed Fruit, Lowfat Milk - 1% Fruit: applesauce Fried Rice L: Pork, White Rice (Enriched), Mixed Vegetables, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: mix vegetables Apples & Peanut Butter P: Peanut Butter, --, --, Apples, -- Fruit: apples	6 Egg+Toast+Fruit B: Egg, Buttered Toast(WG), --, Blueberries, Lowfat Milk - 1% Fruit: blueberries Turkey Chili L: Turkey Ground, Tortilla, Beans, Mixed Fruit, Lowfat Milk - 1% Fruit: apples Vegetable: corn Goldfish & Juice P: --, Goldfish Crackers, --, Apple Juice, -- Juice: apple juice	7 Waffle & Apple Sauce. B: --, Waffles, --, Applesauce, Lowfat Milk - 1% Fruit: apples Fish Fillets & Quinoa L: Fish Sticks (CN Label Only), Brown Rice(WG), Cucumbers, Apples, Lowfat Milk - 1% Fruit: apples Vegetables: cucumbers Fruit Cocktail & Crackers P: --, Hi Ho / Ritz Crackers, --, Mixed Fruit, -- Fruit: apples
10 Frittata & Toast B: Egg, Buttered Toast(WG), --, Strawberries, Lowfat Milk - 1% Fruit: strawbwrries Lentil Stew. L: Lentils, Brown Rice(WG), Tomatoes Fresh/Sliced, Bananas, Lowfat Milk - 1% Fruit: bananas Vegetables: tomatoes fresh sliced Rice Cakes w/ Juice P: --, Rice Cake, --, Apple Juice, -- Juice: apple juice	11 Ham&Cheese Sandwich B: Ham & Cheese, White / Wheat Bread(WG), --, Bananas, Lowfat Milk - 1% Fruit: bananas Smash Turkey Burger L: Turkey Ground, Brown Rice(WG), Tomatoes Fresh/Sliced, Watermelon, Lowfat Milk - 1% Fruit: watermelon Vegetables: cucumbers Apples & Peanut Butter P: Peanut Butter, --, --, Apples, -- Fruit: apples	12 Banana Pancakes. B: --, Oatmeal(WG), --, Strawberries, Lowfat Milk - 1% Fruit: strawberries Chicken Soup. L: Chicken Breast, Noodles / Pasta, Mixed Vegetables, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: mix vegetables Cheese & Oranges P: String Cheese, --, --, Oranges, -- Fruit: oranges	13 French Toast B: Egg, Total Whole Wheat(WG), --, Apples, Lowfat Milk - 1% Fruit: apples Pasta Pesto. L: Chicken Breast, Noodles / Pasta, Spinach, Oranges, Lowfat Milk - 1% Fruit: oranges Vegetables: spinach Bagel Pizza P: Ham & Cheese, Pizza Crust, Carrots, --, -- Vegetables: carrots	14 Egg+Toast+Fruit B: Egg, Buttered Toast(WG), --, Apples, Lowfat Milk - 1% Fruit: apples Chicken Wings L: Chicken Legs, Rice, Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Fruit: oranges Vegetables: mashed potatoes Ritz & Juice P: --, Hi Ho / Ritz Crackers, --, Apple Juice, -- Vegetables: carrots

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17	<u>Waffle & Apple Sauce.</u> B: --, Waffles, --, Applesauce, Lowfat Milk - 1% Fruit: apple sauce <u>Lentil Stew.</u> L: Lentils, Brown Rice(WG), Cucumbers, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetables: cucumbers <u>Ritz & Juice</u> P: --, Hi Ho / Ritz Crackers, --, Apple Juice, -- Fruit: apple juice	18	<u>French Toast</u> B: Egg, Total Whole Wheat(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Red Pasta.</u> L: Beef Ground, Noodles / Pasta, Carrots, Mixed Fruit, Lowfat Milk - 1% Fruit: watermelon Vegetables: carrots <u>Hawaiian Rolls</u> P: --, Hawaiian Bread, --, Oranges, -- Fruit: oranges	19	<u>Banana Pancakes</u> B: Egg, Oatmeal(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Fried Rice</u> L: Egg, Brown Rice(WG), Mixed Vegetables, Bananas, Lowfat Milk - 1% Fruit: bananas Vegetable: mix vegetables <u>Apples & Peanut Butter</u> P: Peanut Butter, --, --, Apple Juice, -- Juice: apple juice	20	<u>Egg+Toast+Fruit</u> B: Egg, Buttered Toast(WG), --, Apples, Lowfat Milk - 1% Fruit: apples <u>Fried Rice</u> L: Pork, Brown Rice(WG), Tomatoes Fresh/Sliced, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: tomatoes fresh sliced <u>Goldfish & Juice</u> P: --, Goldfish Crackers, --, Apple Juice, -- Juice: apple juice	21	<u>Ham&Cheese Sandwich</u> B: Ham & Cheese, White / Wheat Bread(WG), --, Blueberries, Lowfat Milk - 1% Fruit blueberries <u>Last Friday Pizza.</u> L: Cheese, Pizza Crust, Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Fruit: oranges Vegetables: mixed vegetables <u>Cheese & Oranges</u> P: String Cheese, --, --, Oranges, -- Fruit: oranges
24	<u>Frittata & Toast</u> B: Egg, Buttered Toast(WG), --, Blueberries, Lowfat Milk - 1% Fruit: blueberries <u>Beans & Rice.</u> L: Black Beans, Brown Rice(WG), Mixed Vegetables, Oranges, Lowfat Milk - 1% Fruit: oranges Vegetable: mix vegetables <u>Ritz & Juice</u> P: --, Hi Ho / Ritz Crackers, --, Orange Juice, -- Juice: orange juice	25	<u>Banana Pancakes.</u> B: --, Oatmeal(WG), --, Pears, Lowfat Milk - 1% Fruit: pears <u>Turkey Chili</u> L: Turkey Ground, Tortilla, Beans, Tangerines, Lowfat Milk - 1% Fruit: tangerines Vegetable: carrots <u>Cheese & Oranges</u> P: String Cheese, --, --, Orange Juice, -- Juice: orange juice	26	<u>Banana Pancakes</u> B: --, Oatmeal(WG), --, Blueberries, Lowfat Milk - 1% Fruit: blueberries. <u>Thanksgiving Chicken</u> L: Whole Chicken, Rolls, Green Beans, Mixed Fruit, Lowfat Milk - 1% Fruit: watermelon Vegetable: spinach <u>Hawaiian Rolls</u> P: --, Hawaiian Bread, --, Apple Juice, -- juice orange	27		28	

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