

## November Menu

\*All Meals served with Low Fat, Chocolate or Lactose free milk\*

\*\*Continental Breakfast will include the above milk options, 2 juice choices, a form of fruit, 4 cereal options, yogurt or string cheese. Some days will have additional other options such as cream cheese bagel bites, whole grain english muffins, omelet or other items; depending on availability.\*\*

	Mon 11/7	Tues 11/8	Wed 11/9	Thur 11/10	Fri 11/11
<b>Breakfast</b> milk or juice		Cereal, yogurt, applesauce, bagel bites	Cereal, Yogurt, applesauce, oatmeal	Cereal, Yogurt, applesauce	Cereal, Yogurt, applesauce, string cheese
<b>Lunch</b> With milk	No School	Chicken Tacos	Pork With Rice and Beans	Chef's salad	Chili and cornbread
	Mon 11/14	Tues 11/15	Wed 11/16	Thur 11/17	Fri 11/18
<b>Breakfast</b> milk or juice	Cereal, yogurt, applesauce, bagel bites	Cereal, Yogurt, applesauce, oatmeal	Cereal, Yogurt, applesauce	Cereal, Yogurt, applesauce, oatmeal	Cereal, Yogurt, applesauce, string cheese
<b>Lunch</b> With milk	Mac and Cheese	Enchiladas	Breakfast! Pancakes and omelets w.veggies	Cold Chicken Salad sandwiches	Beef Stew
	Mon 11/21	Tues 11/22	Wed 11/23	Thur 11/24	Fri 11/25
<b>Breakfast</b> milk or juice	Cereal, Yogurt, applesauce, string cheese	Cereal, Yogurt, applesauce, oatmeal			
<b>Lunch</b> With milk	Italian Dunkers	Salisbury Steak Roasted Veggies	NO SCHOOL	NO SCHOOL	NO SCHOOL
	Mon 11/28	Tues 11/29	Wed 11/30	Thur 12/1	Fri 12/2
<b>Breakfast</b> milk or juice	Cereal, Yogurt, applesauce, string cheese	Cereal, Yogurt, applesauce, bagel bites	Cereal, Yogurt, applesauce, oatmeal	Cereal, Yogurt, applesauce, oatmeal	Cereal, Yogurt, applesauce, string cheese
<b>Lunch</b> With milk	Breakfast Pizza	Beef Quesadillas	Hot Dish	Pork Fried Rice	Tomato Soup Grilled chz