

# Menus for NOVEMBER 2022

This institution is an equal opportunity provider. Menus are subject to change.

## Tuesday, November 1

### Breakfast

Bacon, Eggs & Toast  
Cereal  
Fruit  
Breakfast Garden Bar

### Lunch

Spaghetti With a WG Roll  
With OR Without Meat  
Peas  
Garden Bar

## Wednesday, November 2

### Breakfast

Pancake & Sausage on a  
Stick  
Cereal  
Breakfast Garden Bar

### Lunch

Hot Dog  
Veggie Chili Beans w/  
Tortilla Chips  
French Fries  
Garden Bar

## Thursday, November 3

### Breakfast

Buttermilk Bar  
Cereal  
Peach Cup  
Breakfast Garden Bar

### Lunch

Chicken Sandwich  
Veggie Sub Sandwich  
Tator Tots  
Garden Bar

## Friday, November 4

### Breakfast

Homemade Cinnamon  
Roll  
Cereal  
Breakfast Garden Bar

### Lunch

Pepperoni or Cheese  
Pizza  
Garden Salad  
Garden Bar

## Monday, November 7

### Breakfast

Buttermilk Bar  
Cereal  
Peach Cup  
Breakfast Garden Bar

### Lunch

Chicken Nuggets  
Grilled Cheese Sandwich  
Potato Wedges  
Garden Bar

## Tuesday, November 8

### Breakfast

Pancakes w/Bacon  
Cereal  
Juice  
Breakfast Garden Bar

### Lunch

Taquitos  
Green Chile & Cheese  
Tamale  
Salsa  
Garden Bar

## Wednesday, November 9

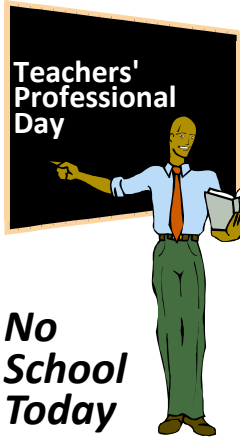
### Breakfast

Breakfast Pizza  
Cereal  
Fruit Cup  
Breakfast Garden Bar

### Lunch

Turkey & Gravy w/  
Mashed Potatoes & WG  
Roll  
Veggie Burger  
Corn  
Garden Bar

## Thursday, November 10



## Friday, November 11

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

No School Today



## Monday, November 14

### Breakfast

Breakfast Bar  
Cereal  
Breakfast Garden Bar

### Lunch

**CONFERENCE WEEK**  
Bean & Cheese Burritos  
Salsa  
Fruit Cup  
Milk

## Tuesday, November 15

### Breakfast

Waffles w/Sausage  
Cereal  
Breakfast Garden Bar

### Lunch

**CONFERENCE WEEK**  
WOW Butter & Jelly  
Sandwich  
Carrots  
Grapes  
Milk

## Wednesday, November 16

### Breakfast

Pop Tart & Yogurt  
Cereal  
Breakfast Garden Bar

### Lunch

**CONFERENCE WEEK**  
Cheese Pillows  
Chips  
Oranges  
Milk

## Thursday, November 17

### Breakfast

Sausage & Egg Bagel  
Cereal  
Breakfast Garden Bar

### Lunch

**CONFERENCE WEEK**  
Grilled Cheese Sandwich  
Banana  
Celery Sticks  
Milk

## Friday, November 18

### Breakfast

Homemade Cinnamon  
Roll  
Cereal  
Breakfast Garden Bar

### Lunch

**CONFERENCE WEEK**  
Cheese Quesadilla  
Salsa  
Apple Slices  
Turkey Cookie  
Milk



## Daily Garden Bar Options

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Mandarins	Kiwi (HOM)	Bananas	Orange Wedges	Fresh Fruit Choice
Chilled Mixed Fruit	Plums	Strawberries	Fresh Plums	Chilled Mixed Fruit
Apple (HOM)	Chilled Pears (HOM)	Dried Fruit	Applesauce	Juice
Juice	Juice	Juice	Juice	
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Garden Salad,	Spinach Salad,	Garden Salad,	Garden Salad,	Garden Salad,
Carrots,	Sunflower Seeds,	Sweet Pepper Stick	Chickpeas,	Carrots w/Ranch,
Kiwi (HOM), Chilled	Applesauce, Celery	Medley	Pluots,	Cucumbers &
Peaches,	Sticks w/ WOWButter,	Chilled Pears(HOM),,	Strawberries,	Tomatoes(HOM),
Strawberry Cup	Melon Chunks	Zucchini Coins, Bananas,	Apple Slices w/	Chilled Peaches,
(HOM)-Harvest of the Month			WOWButter(HOM),	Fresh Fruit Choice



What's on  
**YOUR**  
plate?



We'll be serving you again  
Monday, November 28!

**Happy  
Thanksgiving**

**Q:** Why is it always a good idea to have a turkey in a band?

**A:** Because he brings his own drumsticks! Turkey drumsticks have dark meat because turkeys can't fly! Since turkeys get around by walking, their legs have higher levels of "myoglobin," which helps move oxygen to their muscles—and which also makes the meat in their legs darker. It doesn't make them better drummers, though!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

### Monday, November 28

#### Breakfast

Breakfast Burrito  
Cereal  
Fruit Cup  
Breakfast Garden Bar

#### Lunch

Deli Sandwich  
Cheesey Sticks w/  
Marinara  
Tator Tots  
Garden Bar

### Tuesday, November 29

#### Breakfast

Pancake & Sausage on a  
Stick  
Cereal  
Peach Cup  
Breakfast Garden Bar

#### Lunch

Macaroni & Cheese  
Corn Dog  
Green Beans  
Garden Bar

### Wednesday, November 30

#### Breakfast

Waffles & Sausage  
Cereal  
Applesauce Cup  
Breakfast Garden Bar

#### Lunch

Asian Chicken Bowl  
Veggie Egg Roll  
Broccoli Bites  
Garden Bar

Only  
**12**  
more school  
days  
'til  
Winter  
Break!

