# November 2022
## Breakfast Menu

### Entrees offered on a rotating schedule

*Each meal includes fruit and a choice of milk (1% or fat free).*

## Monday

Mini Strawberry Bagels
Sliced Wheat Bagels
Sliced Cinnamon Raisin Bagel

## Tuesday

Banana & Chocolate Breakfast Bar
Strawberry Crisp Bar
Chocolate Oatmeal Breakfast Bar
Mini Chocolate Donut

## Wednesday

Assorted Flavored Yogurt
Cinnamon Graham Goldfish
Apple Cinnamon Graham Bears
Vanilla Graham Chatsnax

## Thursday

Cinnamon Crumble Loaf
Chocolate Chip Muffin
Blueberry Crumble Loaf
Banana Muffin

## Friday

Apple Frudel Strudel
Lemon Chip Crunch Bar
Soft Filled Cinnamon Toast Crunch Bar
Trix Breakfast Bar

## Daily

**Fruits Offered Daily May Include:**

Apple Slices, Bananas, Cantaloupe, Grapes, Honeydew Melon, Pineapple, Orange Wedges, Watermelon, Assorted Fruit Cups, Applesauce Cups, and Assorted 100% Fruit Juices.

**Menu subject to change**

This institution is an equal opportunity provider.

# November 2022

## Lunch Menu

**Entrees offered on a rotating schedule with at least one vegetarian option daily**

*Each meal includes fruit and vegetable sides and a choice of milk (1% or fat free).*



**Seasonal Celebration Meal:**
Chicken Nuggets, Tator Tots, Soft Pretzel

## Monday

Chicken Corn Dog
Mini Meatball Sandwich
Hummus W/Crackers
V Cheese Sliders
V Stuffed Cheese Sticks

## Tuesday

Taco Nada
Chicken Taquitos
V Cheese & Crackers
V Bean & Cheese Burrito
V Bean & Cheese Quesadilla

## Wednesday

Mini Cheeseburgers
Cheeseburger
Soybutter & Jelly Sandwich
V Cheese Quesadilla
V Mac n Cheese

## Thursday

Pepperoni Pizza Wedge
Pepperoni Stuffed Sandwich
Cheddar Cheese & Bean Dip W/Chips
V Cheese Pizza Wedge
V Cheese Bites

## Friday

Turkey Ham & Cheese Croissant
Pretzel Dog
V Grilled Cheese Sandwich
V Cheese Pull Aparts

## Daily

**Vegetables Offered Daily May Include:**
Baby Carrots, Broccoli Florets, Cucumber Slices, Cauliflower, Cherry Tomatoes, Edamame, Jicama Sticks, Romaine Salad, Yam Sticks, Zucchini Sticks, and Assorted 100% Vegetable Juice.

**Fruits Offered Daily May Include:**
Apple Slices, Bananas, Cantaloupe, Grapes, Honeydew Melon, Pineapple, Orange Wedges, Watermelon, Assorted Fruit Cups, Applesauce Cups, and Assorted 100% Fruit juices.

V Indicates Vegetarian

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