




November Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 EB: Cereal Variety and Milk MS: Toast and Apple Butter L: Beef and Rice, Corn, Fruit, and Milk AS: Cheese and Crackers VEG: Cheesy Rice	2 EB: Cereal Variety and Milk MS: Waffles and Milk L: Spaghetti, Carrots, Fruit, and Milk AS: Organic Veggies and Homemade Ranch VEG: Same as Above	3 EB: Cereal Variety and Milk MS: Muffin and Milk L: Turkey and Cheese Sandwich, Chips, Fruit, and Milk AS: Oranges and Pretzels VEG: Cheese Sandwich	4 EB: Cereal Variety & Milk MS: Bagels and Cream Cheese L: Pizza, Salad, Fruit, and Milk AS: Graham Crackers and Milk VEG: Same as Above
7 EB: Cereal Variety and Milk MS: Whole Wheat Toast with Jelly L: Ravioli, Green Beans, Fruit, and Milk AS: Bananas and Crackers VEG: Same as above	8 EB: Cereal Variety and Milk MS: Oatmeal and Milk L: Cheeseburger, Carrots, Fruit, and Milk AS: Veggie Straws and Ranch VEG: Grilled Cheese Sandwich	9 EB: Cereal Variety and Milk MS: Yogurt and Cereal L: Chicken Alfredo, Salad, Fruit, and Milk AS: Nacho Chips & Salsa VEG: Meatless Alfredo	10 EB: Cereal Variety and Milk MS: Bagels and Cream Cheese L: Corn Dogs, Peas, Fruit, and Milk AS: Cheese Sticks and Baby Carrots VEG: Veggie Corn Dog	11 EB: Cereal Variety & Milk MS: Pancakes and Milk L: Turkey and Cheese Sandwich, Chips, Fruit, and Milk AS: Gold Fishes and Milk VEG: Cheese Sandwich
14 EB: Cereal Variety and Milk MS: Cereal and Yogurt L: Thanksgiving Feast Turkey, Mashed Potatoes, Gravy, Green Beans, Sweet Potatoes, Pie, and Milk AS: Apple Sauce and Crackers VEG: Meatless Feast	15 EB: Cereal Variety and Milk MS: Graham Crackers with Apple Butter L: Noodles with White Sauce, Green Beans, Fruit, and Milk AS: Bananas and Animal Crackers VEG: Same as Above	16 EB: Cereal Variety and Milk MS: Biscuits and Cheese L: Minestrone Soup, Grilled Cheese, Fruit, and Milk AS: Goldfish and Milk VEG: Same as Above	17 EB: Cereal Variety and Milk MS: Oatmeal and Milk L: Chicken Nuggets, Carrots, Fruit & Milk AS: Chex Mix and Raisins VEG: Mozzarella Sticks	18 EB: Cereal Variety & Milk MS: Waffle and Milk L: Pizza, Salad, Fruit, and Milk AS: Pretzels Sticks and Sweet Cream Cheese Dip VEG: Same as Above
21 EB: Cereal Variety & Milk MS: Wheat Toast with Jelly and Milk L: Mac and Cheese, Organic Carrots, Fruit, and Milk AS: Graham Crackers and Milk VEG: Same as Above	22 EB: Cereal Variety and Milk MS: Oatmeal and Milk L: Turkey & Cheese Sandwich, Chips, Applesauce, and Milk AS: Oranges and Crackers VEG: Three Cheese Wrap	23 EB: Cereal Variety and Milk MS: Bagels and Cream Cheese L: Cheesy Chicken and Rice, Peas, Fruit, and Milk AS: Apple Sauce and Crackers VEG: Cheesy Rice	HCA Closed Thanksgiving 	
28 EB: Cereal Variety and Milk MS: Cheese Biscuits and Milk L: Chicken Sandwich, Carrots, Fruit, and Milk AS: Veggie Sticks and Ranch VEG: Grilled Cheese	29 EB: Cereal Variety and Milk MS: Oatmeal and Milk L: Spaghetti, Salad, Fruit, and Milk AS: Baby Carrots and Crackers VEG: Same as Above	30 EB: Cereal Variety and Milk MS: Pancakes and Milk L: Italian Meatballs, Rolls, Peas, Fruit, and Milk AS: Apples and Animal Crackers VEG: Veggie Meatballs		

EB- Early Breakfast

MS- Morning Snack

L- Lunch

AS- Afternoon Snack

Veg- Vegetarian