

Is Rids 2022 November MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Breakfast: toaster strudels AM Snack: pineapple & goldfish Lunch: Tater tot casserole, corn & mandarin oranges PM Snack: ritz crackers & cheese	Breakfast: sausage biscuits AM Snack: applesauce & graham crackers Lunch: lasagna, corn & fruit cocktail PM Snack: oatmeal cookies	Breakfast: pancakes with warm syrup AM Snack: apples & cheese Lunch: hamburgers, fries & peaches PM Snack: granola bars	Breakfast: whole grain cereal with milk AM Snack: bananas & corn chips Lunch: grilled cheese sandwich, carrots & pears PM Snack: veggie sticks & apple juice
7	8	9	10	11
Breakfast: egg burritos AM Snack: chocolate pudding & cheerios Lunch: cheese pizza, green beans & pineapples PM Snack: tortilla chips & cheese	Breakfast: scrambled eggs and toast AM Snack: vanilla pudding & vanilla wafers Lunch: beans and weenies, mixed veggies & fruit cocktail PM Snack: goldfish	Breakfast: mini bagels with jam AM Snack: applesauce & animal crackers Lunch: mac-n-cheese, carrots & pears PM Snack: animal crackers	Breakfast: cinnamon toast AM Snack: orange slices Lunch: chicken alfredo, green beans & peaches PM Snack: trail mix	Breakfast: whole grain cereal with milk AM Snack: goldfish Lunch: chicken nuggets, mixed veggies & fruit cocktail PM Snack: cheese & crackers
14	15	16	17	18
Breakfast: scrambled eggs & biscuits AM Snack: mandarin oranges and pretzels Lunch: mini corndogs, corn & peaches PM Snack: cheese-it crackers	Breakfast: sausage biscuits AM Snack: yogurt & cheerios Lunch: salisbury steak, mashed potatoes & applesauce PM Snack: pretzels & apple juice	Breakfast: french toast with warm syrup AM Snack: animal crackers Lunch: enchilada casserole, rice & pineapples PM Snack: oatmeal cookies	Breakfast: pancakes with warm syrup AM Snack: chocolate pudding & cheerios Lunch: turkey, mashed potatoes, stuffing, green beans, dinner rolls, pie PM Snack: granola bars	Breakfast: whole grain cereal with milk AM Snack: apples and ritz crackers Lunch: cheese quesadillas, corn, mandarin oranges PM Snack: trail mix
21	22	23	24	25
Breakfast: pancakes with warm syrup AM Snack: goldfish Lunch: chicken nuggets, green beans & fruit cocktail PM Snack: cheese & crackers	Breakfast: egg burritos AM Snack: peaches & corn chips Lunch: macaroni with meatsauce, mixed veggies & pears PM Snack: ritz crackers	Breakfast: mini bagels with jam AM Snack: animal crackers & mixed fruit Lunch: fish sticks, mashed potatoes & applesauce PM Snack: veggie sticks & apple juice	GIVING We will be closed Thursday & Friday	
Breakfast: waffles with warm syrup AM Snack: yogurt and vanilla wafers Lunch: steak fingers, mashed potatoes & pears PM Snack: cheese-it crackers	Breakfast: scrambled eggs and toast AM Snack: pineapple & goldfish Lunch: Tater tot casserole, corn & mandarin oranges PM Snack: ritz crackers & cheese	Breakfast: sausage biscuits AM Snack: applesauce & graham crackers Lunch: lasagna, corn & fruit cocktail PM Snack: oatmeal cookies		