



2024 MENU

November

Monday

Tuesday

Wednesday

Thursday

Friday

				<p>1</p> <p><u>Breakfast:</u> Cinnamon Oats and Pineapple</p> <p><u>Lunch:</u> Naan pizza bites w/ turkey Pepperoni (Veggie/ Cheese) Steamed Carrots and Apple Slices</p> <p><u>PM Snack:</u> Cucumbers Tortilla Chips and Salsa</p>
<p>4</p> <p><u>Breakfast:</u> Fruit and Grain Bars, Peaches</p> <p><u>Lunch:</u> Veggie Sauce ziti w/ Ground Turkey (beyond burger), Salad *Green Beans*, Oranges</p> <p><u>PM Snack:</u> Strawberries, Veggie Straws</p>	<p>5</p> <p><u>Breakfast:</u> Cheesy Spinach Eggs, Banana</p> <p><u>Lunch:</u> Homemade Chicken Tacos (Veggie) on Tortilla, Corn, Strawberries</p> <p><u>PM Snack:</u> Cranberry Orange Muffin, Applesauce</p>	<p>6</p> <p><u>Breakfast:</u> Waffles and Applesauce</p> <p><u>Lunch:</u> Tikka Chicken (tofu), Jasmine Rice, Carrots and Peas, Pineapple</p> <p><u>PM Snack:</u> Cubes Cheese and Animal Crackers</p>	<p>7</p> <p><u>Breakfast:</u> Overnight Cinnamon Oats, Apples</p> <p><u>Lunch:</u> Shredded Turkey (tofu) and cheese wraps, Tater Tots, and Mixed Fruit</p> <p><u>PM Snack:</u> Pita Crackers and Watermelon</p>	<p>8</p> <p><u>Breakfast:</u> Yogurt, Strawberries, and Granola</p> <p><u>Lunch:</u> Bagel crust pizza w/ Turkey Pepperoni (veggie and cheese), Baby Carrots *steamed*, Apple Slices</p> <p><u>PM Snack:</u> Goldfish, Blueberries</p>
<p>11</p> <p><u>Breakfast:</u> Whole grain bagel *Toast* w/ cream cheese, pineapple</p> <p><u>Lunch:</u> Waffles, turkey sausage *scrambled eggs*, applesauce, Hash Browns</p> <p><u>PM Snack:</u> Whole Grain Crackers, cheese cubes</p>	<p>12</p> <p><u>Breakfast:</u> Cheesy eggs, pears</p> <p><u>Lunch:</u> Cheese Roll-up with whole grain tortilla, sour cream, salsa, salad *steamed carrots* sliced apples</p> <p><u>PM Snack:</u> Chocolate Chip muffins and Bananas</p>	<p>13</p> <p><u>Breakfast:</u> Pancakes, strawberries</p> <p><u>Lunch:</u> Turkey Meatballs (impossible) with Alfredo Over Pasta, Green Beans, Oranges</p> <p><u>PM Snack:</u> Cheese stick, Fresh Berries</p>	<p>14</p> <p><u>Breakfast:</u> Biscuit sandwich with turkey sausage (beyond) and Cheese, Oranges</p> <p><u>Lunch:</u> Chicken (tofu) Bacon Ranch Wrap, Oven sweet potato fries, Mixed Fresh Fruit</p> <p><u>PM Snack:</u> Graham Crackers, Sun butter</p>	<p>15</p> <p><u>Breakfast:</u> Whole Grain Cereal, Strawberries</p> <p><u>Lunch:</u> Flatbread pizza w/ Turkey Pepperoni (Cheese), green beans, bananas</p> <p><u>PM Snack:</u> Soft pretzel bites and sliced peppers</p>
<p>18</p> <p><u>Breakfast:</u> Whole English muffins *Toast* w/ jelly, Bananas</p> <p><u>Lunch:</u> Vegetable and Lentil Soup, Grilled Chicken (tofu), Melon</p> <p><u>PM Snack:</u> Pita Crackers, Fresh Berries</p>	<p>19</p> <p><u>Breakfast:</u> Scrambled Eggs w/ Cheddar Cheese, Oranges</p> <p><u>Lunch:</u> Chicken (tofu) Enchiladas, Corn, Sliced Peaches</p> <p><u>PM Snack:</u> Homemade Oatmeal Squares, Apple Slices</p>	<p>20</p> <p><u>Breakfast:</u> French Toast, Strawberries</p> <p><u>Lunch:</u> Sweet and Sour Chicken (tofu), Fried rice, Sliced Carrots, Pineapple</p> <p><u>PM Snack:</u> Applesauce, Graham Crackers</p>	<p>21</p> <p><u>Breakfast:</u> Biscuit sandwich (turkey sausage/cheese), Melon</p> <p><u>Lunch:</u> Mediterranean Chicken(tofu) w/Hummus, on tortilla, Tater Tots, Mixed Fresh Fruit</p> <p><u>PM Snacks:</u> Pretzels *crackers* and Apples</p>	<p>22</p> <p><u>Breakfast:</u> Whole Grain Cereal and Blueberries</p> <p><u>Lunch:</u> Naan pizza bites w/ turkey Pepperoni (Veggie/ Cheese) Steamed Carrots and Pineapple</p> <p><u>PM Snack:</u> Chips (crackers), Salsa, Homemade Guacamole</p>
<p>25</p> <p><u>Breakfast:</u> Fruit and grain bars, Apples</p> <p><u>Lunch:</u> Homemade Veggie Stew, grilled Italian seasoned chicken (beyond patty), rice, Watermelon</p> <p><u>PM Snack:</u> Caramel rice cakes, Strawberries</p>	<p>26</p> <p><u>Breakfast:</u> Scrambled Eggs w/ bell peppers, Apples</p> <p><u>Lunch:</u> Ground Turkey (Bean) and cheese quesadilla, sour cream, salsa, corn, blueberries</p> <p><u>PM Snack:</u> Orange Cranberry muffins, applesauce</p>	<p>27</p> <p><u>Breakfast:</u> Zucchini Pancakes and Turkey Bacon</p> <p><u>Lunch:</u> Grilled Chicken (beyond burger), Vegetable Fried Rice with Carrots and Peas, Sliced Oranges</p> <p><u>PM Snack:</u> Homemade Oatmeal Bars and Pineapple</p>	<p>28</p> <p><u>Breakfast:</u> Whole Grain Cereal and Oranges</p> <p><u>Lunch:</u> Turkey Burgers on Whole Wheat Buns with French Fries and Apples</p> <p><u>PM Snack:</u> Bell Peppers w/tzatziki and Whole Grain Crackers</p>	<p>29</p> <p><u>Breakfast:</u> Yogurt, blueberries, granola</p> <p><u>Lunch:</u> Cauliflower crust pizza w/ turkey pepperoni (cheese), baby carrots *steamed*, Watermelon</p> <p><u>PM Snack:</u> Cucumbers, Crackers, and Hummus</p>