

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WG Cheese Toast, Peaches & Milk 1 Pizza Casserole w/Sausage & Pepperoni, Applesauce, Broccoli & Milk *Oranges & Buttered Bread <Saltine Crackers and Juice	Cheerios, *Banana & Milk 2 Chicken Salad Roll-Ups, *Cucumbers w/ Ranch Dressing, Cranberries & Milk Soft pretzel & Cheese Slices <Apple Cinnamon Wafers and Juice	Pumpkin Bread, *Raspberries & Milk 3 Lemon Pepper Chicken with Wild Rice, Zucchini, *Honeydew & Milk *Green Peppers & Taco Crackers <Ritz Crackers and Juice	Waffles w/ Syrup, Peaches & Milk 4 White Bean Soup, Mixed Veggies, Pineapple, WG Bread & Milk WG Bread Sticks, Marinara Sauce & Milk < Chocolate Bears and Juice	Sausage Links, Pears & Milk 5 Fish Sandwich on WG Bun with Tartar Sauce, Carrots, Fruit Cocktail & Milk WG Ham Sandwich < Graham Crackers and Juice	6
7	Pancakes, *Strawberries & Milk 8 Chicken Alfredo, Garlic Bread, *Cantaloupe, Asparagus & Milk Cinnamon Loaf & Milk < Saltine Crackers and Juice	Scrambled Eggs, *Apples & Milk 9 Sloppy Joes on WG Bun, Peas, Pineapple, & Milk Apple Cinnamon Wafers & Milk <Apple Cinnamon Wafers and Juice	WG Toast with Jelly, Peaches & Milk 10 Egg Salad Sandwich on WG Bread, California Vegetables, Applesauce & Milk Cheese Cubes & Pretzels <Ritz Crackers and Juice	Oat Bran Muffins *Bananas & Milk 11 Minestrone Soup with Ham and WG Elbow Noodles, Tropical Fruit, Peas, Oyster Crackers & Milk Fish Crackers & *Fresh Green Beans < Chocolate Bears and Juice	Cream of Wheat, *Blackberries & Milk 12 Turkey with Spinach Casserole, Brussel Sprouts, Mandarin Oranges, WG Bread & Milk Cottage Cheese & Peaches < Graham Crackers and Juice	13
14	English Muffins with Jelly, *Bananas & Milk 15 Wow Butter & Jelly Sandwich on WG Bread, Cauliflower, *Blueberries & Milk Strawberry Wafers & Yogurt < Saltine Crackers and Juice	Rice Krispies, Fruit Cocktail & Milk 16 Gr Beef Tator Tot Casserole with Mixed Vegetables, *Melon & Milk Summer Sausage & Whole Wheat Cracker <Apple Cinnamon Wafers and Juice	Banana Bread, *Oranges & Milk 17 Chicken Nuggets w/ Sauce, Broccoli, Pears & Milk Celery Sticks & Ranch Crackers <Ritz Crackers and Juice	WG Cinnamon Toast, *Apples & Milk 18 Gr Turkey Stroganoff with WG Noodles, Wax Beans, Mandarin Oranges & Milk Monster Crunch & Tomato Juice < Chocolate Bears and Juice	French Toast w/syrup, Pears & Milk 19 Gr Beef Taco Mac & Cheese with WG Elbow Noodles, Green Beans, *Grapes & Milk *Snap Peas & Wheat Thins < Graham Crackers and Juice	20
21	Oatmeal with Mixed Berries & Milk 22 Chili with Ground Beef, *Green Peppers, *Apples, WG Oyster Crackers & Milk WG Cheese Sandwich < Saltine Crackers and Juice	Scrambled Eggs *Bananas & Milk 23 Turkey Tetrazzini with WG Noodles, Carrots, *Grapes & Milk Rye Bread & *Cantaloupe <Apple Cinnamon Wafers and Juice	Spice Muffins, Pears & Milk 24 Ham, Broccoli, Cheese and Rice Soup, Green Beans, Oranges, & Milk Saltines & Cheese Slices <Ritz Crackers and Juice	Closed 25 Happy Thanksgiving! 	WG Buttered Toast, *Oranges & Milk 26 Cold Tuna Sandwiches on WG Bread, Beets, Tropical Fruit & Milk Pineapples & Plain Yogurt < Graham Crackers and Juice	27
28	Kix Cereal, Strawberries & Milk 29 Turkey Slices, Mashed Potatoes, Mixed Vegetables, Peaches & Milk *Apples & Ritz Crackers < Chocolate Bears and Juice	WG Honey Toast, *Bananas, & Milk 30 Chicken Patty on a WG Bun, Trop. Fruit Tator Tots, & Milk String Cheese & WG Cinn. Grahams <Apple Cinnamon Wafers and Juice				

