

# November 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Teddy Grahams Fresh Oranges  Buttered Noodles Broccoli Pears Low Fat Milk	2 Graham Crackers Applesauce  Beanie Weenies Green Peas Fresh Oranges Low Fat Milk	3 Saltine Crackers and Cheese Slices  Boxed Lunch with Drink
		Chex Mix	Pretzels	Cheez-its
6 Nutri-grain Bars  Cheese Quesadillas Fresh Carrots Peaches Low Fat Milk	7 Fig Newtons  Baked Chicken and Yellow Rice Mixed Vegetables Fresh Apples Low Fat Milk	8 Special K Bars  Chicken Nuggets Mashed Potatoes Green Beans Pineapple Low Fat Milk	9 Fruit and Yogurt Parfaits  Macaroni and Cheese Green Peas Mixed Fruit Low Fat Milk	10 Bagels with Cream Cheese  Boxed Lunch with Drink
Animal Crackers	Goldfish	Fresh Cucumbers and Saltine Crackers	Trail Mix	Vanilla Crème Cookies
13 Ritz Crackers & Cheese  Mini Pizzas Cherry Tomatoes Peaches Low Fat Milk	14 Cheerios Bananas  Mama's Pasta Broccoli Mandarin Oranges Low Fat Milk	15 Teddy Grahams Fresh Oranges  Ham and Cheese Sandwiches on Wheat Bread Fresh Carrots Pears Low Fat Milk	16 Graham Crackers Applesauce  Boxed Lunch with Drink	17 Blueberry Muffins  <b>Thanksgiving Feast</b> Turkey Mashed Potatoes w/ Gravy Cranberry Sauce Green Beans Hawaiian Rolls Pumpkin Dump Cake
Rice Krispy Treats	Oatmeal Cookies	Frozen Yogurt Pops	Veggie Straws	Chocolate Chip Cookies
20 Granola Bars  Boxed Lunch With Drink	21 Special K Bars  Boxed Lunch With Drink	22 Nutri-Grain Bars  Boxed Lunch With Drink	23 <b>Kids' Stuff                      CLOSED</b> 	24 <b>Kids' Stuff                      CLOSED</b> 
Trail Mix	Animal Crackers	Cheez-its		
27 Mini Muffins  Chicken Salad w/ Crackers Shredded Lettuce Pickles Pears Low Fat Milk	28 Teddy Grahams Fresh Orange Slices  Grilled Cheese Baked Beans Fresh Tomatoes Mixed Fruit Low Fat Milk	29 Apple Slices and Crackers  Chicken Alfredo Cucumber Slices w Ranch Pineapple Low Fat Milk	30 Special K Bars  Pasta with Meatballs Broccoli Mandarin Oranges Low Fat Milk	
Goldfish	Frozen Yogurt Pops	Pretzels	Animal Crackers	

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\*Fresh Water offered with each snack & meal\*

\*School Age Program is offered whole fresh fruits each afternoon in addition to the menu\*