

| Above & Beyond November 2023 Menu | | | | | |
|-----------------------------------|---------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------|
| Oct 30th- Nov 5th | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Blueberry honey toast | Spooky pancakes | Blueberries & cream oatmeal | Cinnamon banana toast | Raisin Bran & grapes |
| AM Snack | Peppers & hummus | Peppers & hummus | Peppers & hummus | Peppers & hummus | Peppers & hummus |
| Lunch | Chili Mac & cheese, baby carrots | Haunted grilled cheese & snap peas | Spaghetti & edamame | Pizza quesadillas & snap peas | Mini meatloaf muffins, cauliflower-mashed potatoes |
| PM Snack | Cheese stix & clementine | Pita bread & hummus | Cinnamon chickpeas | Graham crackers & pumpkin fluff | Cucumbers & dip |
| Nov 6th - 12th | Monday - National nachos day! | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | English muffins & jam, grapes | Apple cinnamon pancakes | Brown sugar banana oatmeal | Bagels & cream cheese, strawberries | Crispy rice cereal & bananas |
| AM Snack | Animal crackers | Animal crackers | Animal crackers | Animal crackers | Animal crackers |
| Lunch | Nachos & cherry tomatoes | Sloppy joes & cooked carrots | Sausage, green bean & potato casserole, cooked cauliflower | Chicken noodle soup & peppers | Lemon pepper chicken & green beans |
| PM Snack | Apple sliced & peanut butter | Black olives & string cheese | Wafers & chocolate hummus | Dried apricot | Bunny crackers |
| Nov 13th - 19th | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Brown sugar buttered toast, bananas | Banana pancakes | Apple cinnamon oatmeal | Apple butter rice cakes & pears | Frosted Flakes & blueberries |
| AM Snack | Cheerios & dried fruit | Cheerios & dried fruit | Cheerios & dried fruit | Cheerios & dried fruit | Cheerios & dried fruit |
| Lunch | Cheesy broccoli chicken & rice casserole, mixed veggies | Vegetable soup, pears | Spaghetti & meatballs, lima beans | Black beans & rice burritos, peas | Chili & carrots |
| PM Snack | Goldfish | Orange slices | Animal crackers | Cheese stix & clementine | Apple slices & peanut butter |
| Nov 20th - 26th | Monday | Tuesday - National gingerbread day! | Wednesday | Thursday | Friday |
| Breakfast | Avocado toast & mandarin oranges | Gingerbread apple pancakes | Banana nutmeg oatmeal | Closed for Thanksgiving | Cheerios & apricot |
| AM Snack | Goldfish | Goldfish | Goldfish | | Goldfish |
| Lunch | Goulash & peppers | Chicken & cheese quesadilla, veggie rice | Garlic roasted chicken, mashed potatoes & gravy, green beans, rolls & pumpkin pie | | Chop suey & mushrooms |
| PM Snack | Bunny crackers | Gingerbread cookies | Fruit pie | | Wafers & chocolate hummus |
| Nov 27th - Dec 3rd | Monday | Tuesday - National French toast day! | Wednesday | Thursday | Friday |
| Breakfast | Guacamole rice cakes & apples | French toast & strawberries | Brown sugar vanilla apple oatmeal | Apple butter english muffins, pears | Chex cereal & blueberries |
| AM Snack | Graham crackers | Graham crackers | Graham crackers | Graham crackers | Graham crackers |
| Lunch | Lemon pepper chicken & green beans | Creamy chicken & mushroom casserole, mixed veggies | Italian meatball soup, snap peas | Bean & cheese quesadilla, garlic roasted broccoli | Rosemary roasted chicken & mashed cauli-potatoes |
| PM Snack | Roasted chickpea snack mix | Fruit purée wraps | Cheddar apple slices wrapped in honey ham | Cinnamon apple tacos | Apple slices & peanut butter dip |

*Lunch and Breakfast are served with milk. Snacks are served with water.