




November 2022 Menu

31 WW Cinn. Mini Muffin, Diced Apples Milk	1 Hot Oatmeal, Pineapple Milk	2 Tasteros Cereal, Banana Milk	3 Baked Pancake w/ Maple Syrup Applesauce, Milk	4 Crispy Rice Cereal, Fruit Mix Milk
Sweet n' Sour Chicken California Blend Vegetables Brown Rice Peaches Milk	Spanish Rice with Turkey Corn WW Bread Milk 	Vegetarian Chili Shredded Cheddar Cheese Pears Cornbread Muffin Milk 	WW Italian Dunkers w/ Cheese Red Meat Sauce Lettuce Salad w/Western Dressing Milk 	Chicken Wild Rice Soup Saltine Crackers Peaches Milk
Ranch Oyster Cr., Cheese Slice	Pasta Salad with Cheese	Pretzels, Bean/Salsa Dip	Baby Carrots, Seasoned Cott. Ch.	WW Cinn/Sgr. Tort. Crisps, Banana
7 Malt-O-Meal Mini Muffin, Applesauce Milk	8 WW Toast w/ Cinnamon & Sugar Pineapple, Milk	9 Crispy Rice Cereal, Banana Milk	10 Baked Oatmeal Bar, Pears Milk	11 Tasteros Cereal, Fruit Mix Milk
WW Spaghetti Pasta with Red Meat Sauce Green Beans Milk 	Chicken w/ White Sauce Brown Rice Broccoli Peaches Milk	Taco Pie with WW Tortillas & Beans Lettuce Salad w/ Western Dressing Corn Milk	Turkey Dog WW Bread Fresh Butternut Squash Fries Oranges Milk 	Monster Mash Bean Soup WW Garlic Toast Cheese Slice Banana Milk
Egg Salad, WW Bread	Fresh Apple Slices, Strawberry Yog.	Bisquick Mini Muffin, Seas. Cott. Ch.	Cinn/Sgr.Oyster Cr., Vanilla Yogurt	Saltine Crackers, Tomato Juice
14 WW Cinn. Mini Muffin, Diced Apples Milk	15 Hot Oatmeal, Peaches Milk	16 Tasteros Cereal, Banana Milk	17 Baked Pancake w/ Maple Syrup Pears, Milk	18 Crispy Rice Cereal, Fruit Mix Milk
Chicken & Cheese Quesdilla on a WW Tortilla Corn Pears Milk	Sloppy Joes WW Bun Oranges Peas Milk 	Chicken Stirfry with California Blend Vegetables Brown Rice Pineapple Milk	Turkey Noodle Hotdish on WW Pasta Fresh Roasted Sweet Potatoes Oranges Milk 	Veggie Soup with Brown Rice Pears Cottage Cheese WW Bread
Cottage Ch., Taco Oyster Crackers	Seasoned Tort. Crisps, Ch. Slice	Pasta Salad with Cheese	Cornbread Mini Muffin, Van. Yogurt	Baby Carrots, HB Egg
21 Malt-O-Meal Mini Muffin, Applesauce Milk	22 Baked Oatmeal Bar, Peaches Milk	23 Crispy Rice Cereal, Banana Milk	CLOSED	25 Tasteros Cereal, Fruit Mix Milk
Turkey and Dressing Mashed Potatoes Green Beans Milk 	Humpty Dumpty Eggs Fresh Roasted Potato Bites Banana WW Bread Milk	Beef Tacos Shredded Cheddar Cheese Chopped Romaine Lettuce Corn WW Tortilla, Milk 		Chicken Noodle Soup American Cheese Slice Oranges Saltine Crackers Milk
Tortilla Chips, Bean/Salsa Dip	Saltine Crackers, Cheese Slice	Baby Carrots, Seasoned Cottage Ch.		Ranch Oyster Crackers, Tomato Jc.
28 WW Cinn. Mini Muffin, Pineapple Milk	29 Hot Oatmeal, Peaches Milk	30 Tasteros Cereal, Banana Milk	1 Baked Pancake w/ Maple Syrup Pears, Milk	2 Crispy Rice Cereal, Fruit Mix Milk
Macaroni and Cheese with Diced Turkey Dogs Peas Diced Apples Milk	Diaag Qumbe(Coconut Chicken) Brown Rice Oranges Milk	Chicken Cheddar Wrap WW Tortilla Lettuce Salad w/ Western Dressing Corn Milk	Ground Beef w/ Gravy Mashed Potatoes Diced Ranch Carrots WW Bread Milk 	Broccoli Cheese Soup Cottage Cheese Fresh Apple Slices WW Bread Milk
Tortilla Chips, Bean/Salsa Dip	Bisquick Mini Muffin, Straw. Yogurt	Pasta Salad with Cheese	Taco Oyster Crackers, Cott. Cheese	Cornbread Square, Tomato Juice