


# November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1. B: Krispie Rice Cereal, Banana, Milk L: WG Macaroni and Cheese, Diced Beets, Apple, Milk S: Cheese It Crackers, Milk	2. B: WG English Muffin, Egg, Orange Juice, Milk L: Hamburger Gravy, Mashed Potatoes, WG Bread, Orange, Milk S: Saltine Crackers, Dip, Carrots Milk	3. B: Oatmeal, Blueberries, Milk L: Salami, Cheese, WG Roll, Cucumbers, Pears, Milk S: Oyster Cracker Mix, Milk	4. B: Life Cereal, Grape Juice, Milk L: Sun Butter Sandwiches on WG Bread, Cheese, Peppers, Orange, Milk S: Assorted Crackers, Cheese, Water
7. B: Chex Cereal, Apple Juice, Milk L: Shepherd's Pie, WG Bread, Jello with Fruit, Milk S: Wheat Crackers, Cheese, Water	8. B: WG Bagels, Banana, Milk L: WG Goulash, Green Beans, Apple, Milk S: Gold Fish Crackers, Milk	9. B: Raisin Toast, Apple Juice, Milk L: Turkey, Cheese, WG Roll, Cucumbers, Pear, Milk S: WG Burrito Shell, Sun Butter, Banana, Water	10. B: Toasteos Cereal, Mandarin Oranges, Milk L: Sausage, Cheese, Egg, WG Biscuit, Carrots, Oranges, Milk S: Pretzels, Dip, Milk	11. B: WG Bagels, Peaches, Milk L: Sun Butter Sandwich on WG Bread, Cheese, Peppers, Mixed Fruit, Milk S: Assorted Crackers, Cheese, Water
14. B: Raisin Bran Cereal, Banana, Milk L: Pizza with WG Dough, Corn, Pear, Milk S: Rice Cone, Sun Butter, Milk	15. B: WG English Muffin, Pears, Milk L: Hamburger Hash, Carrots, WG Bread, Apple, Milk S: WG Burrito Shell, Sun Butter, Banana, Water	16. B: Rice Chex Cereal, Grape Juice, Milk L: Ham, Cheese, WG Roll, Cucumbers, Orange, Milk S: Cheese It Crackers, Milk	17. B: Krispie Rice Cereal, Peaches, Milk L: Turkey, Mashed Potatoes, Gravy, WG Roll, Apple Crisp, Milk S: Saltine Crackers, Jelly, Milk	18. B: WG Bagels, Apple Juice, Milk L: Sun Butter Sandwich on WG Bread, Cheese, Peppers, Orange, Milk S: Saltine Crackers, Cheese, Water
21. B: Life Cereal, Banana, Milk L: Meatballs on WG Sub Roll, Green Beans, Mandarin Oranges, Milk S: Ritz Crackers, Carrots, Dip, Milk	22. B: WG English Muffin, Orange Juice, Milk L: Hot Dogs, WG Roll, Beans, Banana, Milk S: Gold Fish Crackers, Milk	23. B: Yogurt, Strawberries, Granola, Milk L: Baked Ziti with WG Pasta, Green Beans, Mixed Fruit, Milk S: Saltine Crackers, Cream Cheese Milk	24. 	25 <b>CENTER CLOSED</b>  <b>ENJOY THE HOLIDAY WEEKEND!</b>
28. B: Toasteos Cereal, Pineapple Orange Juice, Milk L: WG Macaroni and Cheese, Diced Beets, Banana, Milk S: Animal Crackers, Dip, Milk	29. B: WG Bagels, Orange, Milk L: Turkey, Cheese, WG Pita, Carrots, Apple, Milk S: Gold Fish Crackers, Milk	30. B: Kix Cereal, Grape Juice, Milk L: Chicken with WG Spaghetti, Broccoli, Orange, Milk S: Ritz Crackers, Cream Cheese, Milk	<b>MENU KEY:</b>  <b>WW: Whole Wheat</b> <b>WG: Whole Grain</b>	<b>**Whole Milk for children under 2 and 1% Milk for children over 2 or 100% Juice. Water is provided available upon request.</b>