



BREAKFAST – LUNCH – SNACK MENU November 2022

MONDAY	TUESDAY	WEDESNDAY	THURSDAY	FRIDAY
	1) Breakfast: Biscuits, sausage, applesauce, milk Lunch: Red beans and rice, cornbread, milk Snack: Fig bars	2) Breakfast: Waffles, strawberries, milk Lunch: Spaghetti and sauce, peas, milk Snack: Jell-o	3) Breakfast: Oatmeal, bananas, milk Lunch: Grilled cheese, tomato soup, milk Snack: Animal crackers	4) Breakfast: Pancakes, baked apples, milk Lunch: Hamburger, French fries, milk Snack: Pudding
7) Breakfast: Yogurt parfait, granola, blackberries, milk Lunch: White beans and rice, cornbread, milk Snack: Graham crackers	8) Breakfast: Cinnamon rolls, blueberries, milk Lunch: Soft tacos, Mexican corn, milk Snack: Rice cakes	9) Breakfast: Pancakes, raspberries, milk Lunch: Chicken fries, mac & cheese, milk Snack: Veggie straws	10) Breakfast: Egg & cheese muffins, peaches, milk Lunch: Fish, potato wedges, coleslaw, milk Snack: Go-gurt	11) Breakfast: Cheerios, oranges, milk Lunch: Sun butter & jelly sandwich, sweet potato fries, pears, milk Snack: Cookies
14) Breakfast: Grits, eggs, applesauce, milk Lunch: Red beans and rice, cornbread, milk Snack: String cheese	15) Breakfast: French toast, caramelized bananas, milk Lunch: Chicken nuggets, mashed potatoes, corn, milk Snack: Cupcakes	16) Breakfast: Kolaches, strawberries, milk Lunch: Beef stew & carrots, rice, milk Snack: Cheez-its	17) Breakfast: Oatmeal, apples, milk Lunch: Turkey, cheese, and crackers, milk Snack: Kiwi	18) Breakfast: Donuts, grapes, milk Lunch: Cheese pizza, fries, milk Snack: Animal crackers
21) Breakfast: Cinnamon rolls, raspberries, milk Lunch: White beans & rice, cornbread, milk Snack: Jell-o	22) Pancakes, sausage, banana, milk Lunch: Sliced turkey, mashed potatoes/ gravy, candied yams, baked apples, cranberry sauce, milk Snack: Pineapple upside down cake	23) No School	24) No School	25) No School
28) Breakfast: Oatmeal, peaches, milk Lunch: Red beans & rice, cornbread, milk Snack: Fig bars	29) Breakfast: Biscuits, turkey bacon, pears, milk Lunch: Grilled cheese, tomato soup, milk Snack: Goldfish	30) Breakfast: Egg & cheese muffins, pineapples, milk Lunch: Spaghetti & sauce, peas, milk Snack: Pudding		