

November 2017

	Tuesday	Wednesday	Thursday	Friday
		1 Honey Oat Bagel w/Cream Cheese & Fruit Meatball Empanada w/Broccoli Fruit Yogurt, Fruit, Water	2 Whole Grain Croissant w/jelly & fruit General Tso's Chicken w/Brown Rice w/Garden Salad & Tomatoes w/Ranch Dressing Fruit Oatmeal, Fruit, Milk/Water	3 Yogurt Parfait w/ Fresh Fruit & Granola Crispy Chicken w/ Whole Grain Waffle w/ Sweet potato Fries w/syrup Fruit Animal Cracker, Fruit, Milk/Water
6 Whole Grain Cereal & Fruit Hamburger w/ketchup on whole wheat bun w/Lettuce & Sliced Tomatoes w/Home Fries Fruit Gold Fish, Fruit, Milk/Water	7 Banana Muffin & Fruit Cheese Lasagna w/Garden Salad & Carrots w/French Dressing Fruit Animal Cracker, Fruit, Milk/Water	8 Honey Oat Bagel w/Cream Cheese & Fruit BBQ Chicken Sandwich w/Whole wheat hamburger bun w/ Baked Beans Fruit Yogurt, Fruit, Water	9 Whole Grain Croissant w/jelly & Fruit Breaded Tomato Chill Chicken w/Brown Rice Pilaf w/Garden Salad & Tomatoes & Ranch Dressing Fruit Cereal, Fruit, Milk/Water	10 Yogurt Parfait w/ Fresh Fruit & Granola Cheese Tortellini w/Marinara Sauce w/California Blend Vegetables Fruit Sweet potato, Fruit, Milk/Water
13 Whole Grain Cereal & Fruit Chicken & Broccoli Alfredo w/whole Grain Pasta w/Broccoli Fruit Edamame, Fruit, Milk/Water	14 Apple Cinnamon Muffin & Fruit Asian Rice Bowl w/Chicken & Stir Fry Veggies w/Brown Rice w/Garden Salad, Carrots & French Fruit Gold Fish, Fruit, Milk/Water	15 Cinnamon Bagel w/Cream Cheese & Fruit Macaroni & Cheese w/Green Peas Fruit Cereal, Fruit, Milk/Water	16 Whole Grain Croissant w/jelly & fruit Chicken Nachos w/Cheddar Cheese w/Baked Tortilla Chips w/Garden Salsa & Tomatoes & Ranch Dressing Fruit Yogurt, Fruit, Water	17 Yogurt Parfait w/ Fresh Fruit & Granola Turkey & Gravy w/Whole Wheat Roll w/Mashed Potatoes w/Green Beans Fruit Animal Cracker, Fruit, Milk/Water
20 Whole Grain Cereal & Fruit Beef Tacos w/Whole Grain Soft Tortillas w/Corn w/Lettuce ,Cheese & Tomatoes Fruit Gold Fish, Fruit, Milk/Water	21 Blueberry Muffin & Fruit Turkey Meatballs w/Marinara w/Whole Grain Pasta w/Garden Salad, Carrots & French Dressing Fruit Yogurt, Fruit, Water	22 Honey Oat Bagel w/Cream Cheese & Fruit Breaded Chicken Sandwich w/Whole Wheat Bun w/California Blend Vegetables w/Ketchup Fruit Cereal, Fruit, Milk/Water	23 Thanksgiving Day No School	
27 Whole Grain Cereal & Fruit Chicken & Cheese Empanada w/Broccoli Fruit Pancake, Fruit, Milk/Water	28 Banana Muffin & Fruit Whole Grain Chicken Nuggets w/BBQ Dipping Sauce w/Garden Salad, Carrots & French Dressing Fruit Cereal, Fruit, Milk/Water	29 Cinnamon Bagel w/Cream Cheese & Fruit French Toast w/veg sausage w/Home Fries w/ Syrup Fruit Yogurt, Fruit, Water	30 Whole Grain Croissant w/jelly & fruit Chicken Parmesan w/Whole Grain Pasta w/Marinara Sauce w/Garden Salad, Tomatoes & cucumbers Fruit Animal Cracker, Fruit, Milk/Water	24 Day After Thanksgiving No School
				Notes: Breakfast Lunch Snack