

November 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	WG Breakfast biscuit, cinnamon apples, milk	WG French toast sticks, fresh banana, milk	Pancakes, strawberries, milk	WG Cereal, 100% juice, milk
	WG Cheese pizza, peas, diced peaches, milk	Cheese tortellini with meat sauce, tossed salad, mandarin oranges, breadstick milk	Chicken tortilla soup, green beans, fruit cocktail, crackers, milk	Salisbury steak, mashed potatoes, peas & carrots, roll, milk
	Mini-banana loaf, milk	WG Animal crackers, apple slices	Breadstick & marinara, 100% juice	Cheese crackers, milk
7	8	9	10	11
WG Cereal, 100% juice, milk	WG Waffle, fruit cocktail, milk	WG Chicken biscuit, fresh strawberries, milk	WG Cereal, mixed berries, milk	
BBQ chicken drumstick, green beans, pears, cornbread muffin, milk	Meatloaf, mashed potatoes, corn, WG roll, milk	WG Macaroni & cheese with diced ham, peas, mandarin oranges, bread, milk	WG Grilled cheese sandwich, tomato soup, fresh carrots, milk	
Animal crackers, yogurt	Tortilla chips & cheese, 100% juice	Graham crackers, milk	Cheese crackers, 100% juice	
14	15	16	17	18
WG muffin, yogurt, diced peaches, milk	WG French toast, fresh oranges, milk	WG Waffles, bananas, milk	WG Bagel, strawberries, milk	WG Cereal, 100% juice, milk
Lasagna, corn & green beans, pineapple slices, breadstick, milk	Chicken Sammie's, sweet potato fries, diced peaches, milk	WG Pepperoni pizza sticks, green beans, tossed salad, milk	Homemade vegetable soup, ham roll-up, mango, milk	Sliced turkey, mashed potatoes, corn, green bean casserole, roll, milk
Friendship bread, applesauce cup	Cheeze Itz, 100% juice	Yogurt parfaits (Cheerios, fruit) 100% juice	Baby carrots, crackers	WG Soft pretzel with cheese, 100% juice
21	22	23	24	25
WG Cereal, 100% juice, milk	Toasted WG English muffin with Canadian bacon & egg, diced mango, milk	WG Biscuit, diced peaches, milk		
Salisbury, scalloped potatoes, peas, peaches, roll, milk	Cheese tortellini with meat sauce, green beans, pineapple, roll, milk	Chicken nuggets, tator tots, mixed vegetables, roll, milk		
Graham crackers, yogurt	Applesauce, WG muffin	Cheese cracker, fruit Cup		
28	29	30		
WG Muffin, yogurt, diced peaches, milk	WG Breakfast biscuit, cinnamon apples, milk	WG French toast sticks, fresh banana, milk		
Chili with beans, Mini-cornbread, tator tots, carrots, milk	WG Cheese pizza, peas, diced peaches, milk	Cheese tortellini with meat sauce, tossed salad, mandarin oranges, breadstick milk		
Milk, graham crackers	Mini-banana loaf, milk	WG animal crackers, milk		

* Some foods may be substituted for toddlers & students with allergies

*WG-Whole Grain

Food Experience * Friendship Bread