



November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 1		Cereal Milk Oranges	Yogurt Milk Berries	Cereal Milk Apples	Cereal Milk Banana
		Turkey Sandwich Cucumbers Melon	Tofu Rice Broccoli Pears	Pizza Peppers Pineapple	Baked Chicken Sweet Potato Rice Cakes Apples
		Animal Crackers	Rice Cakes & Milk	Yogurt/Granola	Goldfish/Milk
Nov. 7	Cereal Milk Oranges	Yogurt Milk Pears	Cereal Milk Banana	Cereal Milk Berries	Cereal Milk Pears
	Cheese Quesadilla Corn Rice Melon	Meatballs French Fries Cucumbers Apples	Pizza Pineapple Broccoli	Udon Noodles Chicken Soup Broccoli Oranges	Pasta Peas Fruit Salad
	Graham Crackers	Crackers & Cheese	Hummus/Pita	Bananas & Milk	Nurtrigrain Bar
Nov. 14	Yogurt Milk Oranges	Cereal Milk Pears	Cereal Milk Berries	Cereal Milk Banana	Cereal Milk Pineapple
	Cheese Rollup Cauliflower Apples	Chicken Rice Carrots Oranges	Pizza Peppers Melon	Pasta w/ Meatsauce Apples Carrots	Baked Tofu Broccoli Fruit Salad
	Rice Cakes & Milk	Graham Cracker	Yogurt/Granola	Cheese & Crackers	Nutbutter Sandwich
Nov. 21	Cereal Milk Oranges	Cereal Milk Pineapple	Cereal Milk berries	Thanksgiving Center	Break Closed
	Sun-Nut Butter Sandwich Carrots Apples	Bean Burrito Cucumbers Melon	Friends Pizza Feast		
	Yogurt/Oats	Cheese/Cracker	Pumpkin Bread		
Nov. 28	Cereal Milk Oranges	Cereal Milk Berries	Yogurt Milk Pineapple		
	Chef's Choice	Chicken Roll-Up Zucchini Sticks Pears	Waffles Boiled Eggs Applesauce Berries		
	Rice Cakes & Milk	Yogurt/Oats	Pumpkin Muffin		