

Character Trait:  
Kindness

# NOVEMBER 2022

## Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Eggs and potatoes <b>1</b>	Bagel <b>2</b>	Waffle and sausage <b>3</b>	Donut <b>4</b>
	Teriyaki chicken, Rice	Macaroni and cheese	(Turkey) Hot dog, Baked beans	Pizza
Muffin <b>7</b>	Breakfast sandwich <b>8</b>	Bagel <b>9</b>	French toast, bacon <b>10</b>	 <b>11</b>
Chicken and waffles	Taquitos, Refried beans	Chicken Alfredo pasta	Grilled cheese sandwich Tomato soup	
Muffin <b>14</b>	Eggs and potatoes <b>15</b>	Bagel <b>16</b>	Pancakes, sausage <b>17</b>	Scones <b>18</b>
Chicken strips, French fries	Chimichanga	Baked potato, Chili (beef and bean)	Corn dog (turkey)	Pizza
<b>21</b>	<b>22</b>	<b>23</b>	 <b>24</b>	<b>25</b>
Thanksgiving Break				
Muffin <b>28</b>	Breakfast sandwich <b>29</b>	Bagel <b>30</b>		
Chicken and waffles	Orange chicken, Rice	Pasta with broccoli		



Served daily with breakfast entrees are assorted whole grain, reduced sugar cereals, yogurt, fruit, juice and milk.

Other daily lunch options are yogurt with a whole grain muffin, or uncrustable.

Offered daily with all lunch entrees are fresh fruits and vegetables, and nonfat chocolate or 1% white milk.