





**BEGINNINGS AND BEYOND ~ November 2021**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	1 W.G. Kix Cereal Peaches Milk	2 Bagel/Butter Applesauce Milk	3 Buttered Raisin Toast Grapes Milk	4 Pancakes/Maple Syrup Pears Milk	5 Rice Krispies Cereal Banana Milk
<b>LUNCH</b>	Baked Tilapia Fillets Orzo Pasta Peas and Carrots Oranges Milk	Chicken with Broccoli Lo Mein Noodles Pineapple Milk	Kid's Favorite Chili (Gr. Turkey,Veg) Oyster Crackers Mixed Fruit Milk	Tasty Chicken Tenders W.W. Bread Triangles Carrots Pineapple Milk	Whole Grain Pizza Casserole (Gr.Beef,W.G. Pasta) Broccoli Peaches Milk
<b>SNACK</b>	Pretzel Rods 100% Apple or Cran/Grape Juice	W.G. Chex Mix 100% Apple or Cran/Grape Juice	W.G.Crunchy Oat Squares 100% Apple or Cran/Grape Juice	Animal Crackers 100% Apple or Cran/Grape Juice	Yogurt Graham Crackers Water
<b>BREAKFAST</b>	8 Corn Muffin Pears Milk	9 Buttermilk Biscuits Peaches Milk	10 W.G. French Toast/Pure Syrup Pineapple Milk	<b>NO SCHOOL</b>  <b>IN HONOR OF</b>  <b>VETERANS DAY</b>	12 Wheat Chex Cereal Banana Milk
<b>LUNCH</b>	<b>BREAKFAST FOR LUNCH</b> Scrambled Eggs Pop's Potatoes W.W. Toast Oranges Milk 	Bow Tie Tuna (Tuna,Pasta) Cauliflower Applesauce Milk	Homemade Cheese Pizza Green Beans Mixed Fruit Milk		Crispy Baked Fish W.W. Bread Slices Baked Beans Mixed Fruit Milk
<b>SNACK</b>	Banana Whip Graham Crackers Water	W.G. Fruity Oat Mix 100% Apple or Cran/Grape Juice	Pretzels 100% Apple or Cran/Grape Juice		H.M. Breadsticks Tomato Dipping Sauce Water
<b>BREAKFAST</b>	15 W.G. Kix Cereal Applesauce Milk	16 Raisin Toast/Butter Grapes Milk	17 Waffles/Pure Maple Syrup Oranges Milk	18 English Muffin/Butter Applesauce Milk	19 Rice Chex Cereal Banana Milk
<b>LUNCH</b>	OMG Chicken Dinner Roll Mashed Potatoes Pineapple Milk	Chicken Melties on English Muffins Corn Mixed Fruit Milk	Simple Salisbury Steak Buttered Egg Noodles Mixed Vegetables Peaches Milk	Meatballs in Brown Gravy W.G. Cous Cous Carrots Pineapple Milk	Grilled Cheese on Whole Wheat Broccoli Pears Milk
<b>SNACK</b>	Pretzel Sticks 100% Apple or Cran/Grape Juice	W.G. Brown Rice Cakes 100% Apple or Cran/Grape Juice	W.G. Wheat Thin Crackers 100% Apple or Cran/Grape Juice	Goldfish Crackers 100% Apple or Cran/Grape Juice	Teddy Bites 100% Apple or Cran/Grape Juice
<b>BREAKFAST</b>	22 W.G. Golden Porridge (oatmeal) Oranges Milk	23 W.W. Toast Mixed Fruit Milk	24 W.G. Oat Squares Cereal Pineapple Milk	<b>NO SCHOOL</b>    <b>HAVE A HAPPY THANKSGIVING</b>	<b>NO SCHOOL</b>  
<b>LUNCH</b>	H.M. Mac N Cheese Mixed Vegetables Peaches Milk	All Natural Turkey Hot Dogs Hot Dog Bun Baked Beans Pears Milk	<b>Thanksgiving Lunch</b> Oven Roasted Turkey Dinner Roll Applesauce      Milk 		
<b>SNACK</b>	Cheeze-It Crackers 100% Apple or Cran/Grape Juice	Thanksgiving Harvest Mix 100% Apple or Cran/Grape Juice	<b>Thanksgiving Parties</b> <b>Healthy Snacks/Fruit/Veg</b> <b>100% Fruit Juice</b>		
<b>BREAKFAST</b>	29 Corn Chex Cereal Oranges Milk	30 Bagel, Butter Pears Milk			
<b>LUNCH</b>	Oven Roasted Chicken w/Potatoes W.W. Bread Triangles Peaches Milk	Spaghetti/Tomato Sauce Meatballs Green Beans Grapes Milk			
<b>SNACK</b>	Monterey Jack Cheese Saltine Crackers Water	W.G. Triscuit Crackers 100% Apple or Cran Grape Juice			

Please note that if your child cannot eat any of the items on our menu due to allergies, beliefs, or food preferences, you must provide the meals for your child for that particular day. We are unable to provide alternative foods due to the time schedule and the large number of children we serve. We appreciate your understanding! Thank you!