




BEGINNINGS AND BEYOND ~ November 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1 W.G. Kix Pears Milk	2 Scrambled Eggs W.W. Toast Milk	3 Corn Muffins Banana Milk
LUNCH			Inside Out Chicken Pot Pie (Biscuits, Ck.) Peas and Carrots Oranges Milk	Cheeseburger-Oni (Elbow Noodles) Green Beans Mixed Fruit Milk	Pizza Muffins (Eng. Muffins) Carrots Pineapple Milk
SNACK			Goldfish 100% Fruit Juice	Cinnamon Applesauce Graham Crackers Water	W.G. Wheat Thins 100% Fruit Juice
BREAKFAST	6 W.G. Wheat Chex Pineapple Milk	7 Raisin Toast/Butter Mixed Fruit Milk	8 Cornflakes Pears Milk	9 Bagel /Butter Oranges Milk	10 School Closed
LUNCH	OMG Chicken W.W. Bread Mashed Potato Pears Milk	Turkey Noodle Dinner Peas and Carrots Oranges Milk	Chicken Broccoli Cheddar Casserole Peaches Milk	Opa's Mac and Cheese Corn Pineapple Milk	
SNACK	Monterey Jack Cheese Slices and Saltine Crackers Water	W.G. Rice Cakes 100% Fruit Juice	W.G. Tiscuits 100% Fruit Juice	W.G. Fruity Oat Mix 100% Fruit Juice	School Closed
BREAKFAST	13 W.G. Crunchy Oat Squares Oranges Milk	14 English Muffins/Butter Mixed Fruit Milk	15 Pancakes/Syrup Pineapple Milk	16 W.G. Rice Chex Pears Milk	17 W.W. Toast/Butter Banana Milk
LUNCH	Crispy Chicken Dinner Cous Cous Green Beans Pineapple Milk	Kid's Favorite Chili Oyster Crackers Pears Milk	Chicken Melties (Eng. Muffins) Mixed Vegetables Oranges Milk	Meatballs in Brown Gravy White Rice Corn Mixed Fruit Milk	Grilled Cheese (W.W. Bread) Peas Applesauce Milk
SNACK	Cheese-Its 100% Fruit Juice	W.G. Fruity Oat Mix 100% Fruit Juice	W.G. Tortilla Chips Salsa Water	Teddy Bites (Teddy Grahams, Pretzels, and Raisins) 100% Fruit Juice	Pretzels 100% Fruit Juice
BREAKFAST	20 W.G. Cheerios Pineapple Milk	21 Bagel/Butter Applesauce Milk	22 W.G. Corn Chex Pears Milk	23 School Closed	24 School Closed
LUNCH	Chicken and Dumplings (Chicken, Biscuits) Peas and Carrots Oranges Milk	Beef Burger Goulash W.G. Rice Mixed Fruit Milk	<i>Thanksgiving Lunch</i> Oven Roasted Turkey Dinner Roll Mashed Potato Cinnamon Applesauce Milk		
SNACK	Animal Crackers 100% Fruit Juice	Yogurt and Graham Crackers Water	Class Parties (Healthy Snack Options)	School Closed	School Closed
BREAKFAST	27 Raisin Toast/Butter Pineapple Milk	28 Rice Krispies Mixed Fruit Milk	29 Waffles/Syrup Oranges Milk	30 Biscuits/Butter Mixed Fruit Milk	
LUNCH	Angry Bird Chicken W.G. Brown Rice Green Beans Oranges Milk	<i>Breakfast For Lunch</i> Scrambled Eggs Pop's Potatoes W.W. Bread Applesauce Milk 	Mama's Chicken and Rice Casserole Peas Pineapple Milk	Homemade Pizza Carrots Pears Milk	
SNACK	Chex Mix (Corn Chex, Rice Chex, Raisins, Pretzels) 100% Fruit Juice	Goldfish 100% Fruit Juice	W.G. Wheat Thins 100% Fruit Juice	W.G. Rice Cakes 100% Fruit 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!