

# November 2022

## SERVED DAILY:

- CEREAL AT BREAKFAST
- MILK WITH BREAKFAST AND LUNCH
- FRUIT WITH EVERY MEAL

## MEAL INFO:

### HOMEMADE LUNCHABLE

Crackers, Cheese Cubes, Chicken Breast Deli Meat or Pepperoni

### NACHO BAR

Tortilla Chips, Cheese, Taco Meat, Corn, Yellow Rice, and Shredded Lettuce

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	1	2	3	4
		B: Waffles, Fruit	B: Pancakes, Fruit	B: Toast, Yogurt, Fruit	B: Muffins, Fruit
		L: Chicken Nuggets, French Fries, Fruit	L: French Bread Pizza, Carrots, Fruit	L: Baked Chicken, Tater Tots, Fruit	L: Sloppy Joe, Chips Carrots, Fruit
		S: Frozen Yogurt Pops, Fruit	S: Crackers and Pepperoni, Fruit	S: Snack Mix, Fruit	S: Chips and Salsa/Nacho Cheese, Fruit
	7	8	9	10	11
	B: Toast, Yogurt, Fruit	No School JKC CLOSED	B: Cinnamon Rolls, Fruit	B: Cereal, Fruit	B: Pancakes, Fruit
	L: Pasta with Meat Sauce, Breadsticks, Fruit		L: Homemade Lunchable, Cucumbers, Fruit	L: Meatloaf, Tater Tots, Broccoli, Fruit	L: Chicken Noodle Soup, Crackers, Fruit
	S: Pretzels, Fruit		S: Frozen Yogurt Pops, Fruit	S: NutriGrain Bars, Fruit	S: Popcorn, Fruit
	14	15	16	17	18
	B: Cinnamon Rolls, Fruit	B: Scrambled Eggs, Fruit	B: Pancakes, Fruit	B: Toast, Yogurt, Fruit	B: Muffins, Fruit
	L: Chicken Nuggets, French Fries, Fruit	L: Nacho Bar, Corn, Rice, Fruit	L: Cheese Ravioli, Garlic Bread, Fruit	L: French Bread Pizza, Carrots, Fruit	L: Baked Chicken, Tater Tots, Fruit
	S: Goldfish, Fruit	S: Popcorn, Fruit	S: NutriGrain Bars, Fruit	S: Crackers and Pepperoni, Fruit	S: Snack Mix, Fruit
	21	22	23	24	25
	B: Cinnamon Rolls, Fruit	B: Pancakes, Fruit	No School JKC CLOSED	Happy Thanksgiving JKC CLOSED	No School JKC CLOSED
	L: Chicken Noodle Soup, Crackers, Fruit	L: Meatloaf, Tater Tots, Broccoli, Fruit			
	S: Cereal, Fruit	S: Muffins, Fruit			
	28	29	30		
	B: Cereal, Fruit	B: Waffles, Fruit	B: Scrambled Eggs, Fruit		
	L: Cheese Ravioli and Meatballs, Garlic Bread, Fruit	L: Chicken Nuggets, French Fries, Fruit	L: Baked Chicken, Tater Tots, Fruit		
	S: Crackers, String Cheese, Fruit	S: Snack Mix, Fruit	S: Chips and Salsa/Nacho Cheese, Fruit		