



November 2023 Menu

Vegetarian options are available for all meals, and all meals come with fresh seasonal fruit or berries

	Monday	Tuesday	Wednesday	Thursday	Friday
October 30	Cheerios with milk	Sausage and English muffin	Strawberry banana smoothie	Raisin toast and butter	Cheesy biscuit
	Scrambled eggs	Strawberry chocolate pancakes	Cheese grits with bacon bits	Banana spice muffins	Potato cheese egg muffin
	Veggie pasta bake with broccoli	Mash potato bowl with green beans	Salmon fried rice with mixed veggie	Grilled cheese with tomato soup	Chicken nuggets with fries
	Mini cheese boards	Halloween rice krispies	Breadstick with marinara	Veggie spring rolls with dip	Nachos and cheese
November 6	Mini bagel with cream cheese	Rice krispies and milk	Very berry smoothie with animal crackers	Toast points with jam	Yogurt parfaits
	Chocolate chip muffin	Peach and cream oatmeal	Sour cream breakfast potatoes	Scrambled egg with sausage	Confetti pancakes
	Swedish meatballs with penne and peas	Chicken and broccoli alfredo	Lemon and herb fish with carrots	BBQ chicken with sweet potato and green beans	Chicken and cheese quesadilla
	Hummus with veggies and pita	Herbed rolls with sweet butter	Mozzarella sticks with marinara	Apple pie bites	Corn dog bites
November 13	Cinnamon rolls	Cheese eggs	Corn flakes with milk	Cheerios with milk	Pineapple banana smoothie
	Apple spice oatmeal	Potato frittata	Blueberry muffin	Breakfast tacos	French toast
	Cheese ravioli	Cheese and bean soft taco	Thanksgiving Luncheon or Pizza	Thanksgiving Luncheon or Pizza	Mac and cheese with spinach
	Pigs in blanket	Crudites plates	Sweet potato fries with house sauce	Popcorn chicken	Cheesy garlic knots
November 20	Strawberry chocolate pancakes	Raisin bran with milk	Superfood smoothie	CLOSED for Thanksgiving	CLOSED for Thanksgiving
	Cheese and eggs strada	Home fries	Bacon, egg and cheese muffin		
	Vegetable stir fry with noodles	Sesame chicken and rice	Fish sticks and fries		
	Chicken dumplings	Taquitos	Chocolate chip cookie		