

# November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 All Saints Day	Nov - 2	Nov - 3	Nov - 4
	Beef Stroganoff Lettuce Salad with cheese Green Beans Grapes Bun or Bread Slice	BBQ Meatballs Au Gratin Potatoes Peas Apple Slices Bread Roll	Taco Day w/lettuce, tomato, cheese, sour cream Spanish Rice Corn Orange Slices	French Toast Sticks Sausage Patty Cottage Cheese or Yogurt Carrots Blue & Strawberries
Nov - 7	Nov - 8 Early Out	Nov - 9 Spirit Day	Nov - 10	Nov - 11 Veterans Day
Chicken Noodle Soup w/crackers Biscuit Lettuce Salad w/Cheese Banana	Hot Dog Macaroni & Cheese Peas Coleslaw Banana or Peaches	Sloppy Joe Tater Tots Carrots Coleslaw Banana or Pineapple	Ground Beef Gravy Mashed Potatoes Green Beans Pears Bread Roll	Tomato Soup or Chili Soup w/crackers Grilled Cheese Celery Sticks w/ranch Applesauce
Nov - 14	Nov - 15	Nov - 16	Nov - 17	Nov - 18
Tator Tot Hotdish Cheesestick Lettuce Salad w/Cheese Grapes Bread Roll	Corn Dog French Fries Green Beans Baby carrots w/ranch Apple Slices	BBQ Pulled Pork Sandwich Choice of Chips Baked Beans Coleslaw Tropical Fruit	Baked Turkey Mashed Potatoes and gravy Sausage Stuffing Green Beans Apple Crisp	Shrimp Poppers Vegetable Fried Rice Asian Slaw Cauliflower Mandarin Oranges
Nov - 21	Nov - 22	Nov - 23	Nov - 24	Nov - 25
Chicken Alfredo Garlic Toast Broccoli Romaine Salad Peaches	Salisbury Steak with onions & gravy Mashed Potatoes Carrots Fruit Cocktail Bread Roll	Chicken Nuggets Macaroni & Cheese Peas Celery Sticks w/ranch Pineapple	<b>Happy Thanksgiving!</b>	<b>No school</b>
Nov - 28	Nov - 29	Nov - 30		
Chicken Fajita with fried onions and peppers Nachos with salsa Corn Fruit Cocktail	Spaghetti and Meatsauce Breaded Mozzarella Sticks Cucumber Slices Pears	Hamburger with onion, pickle, lettuce, cheese French Fries Baby carrots w/ranch Applesauce		

**All meals include 1 cup of 1% milk; chocolate or regular**

Menus comply with the new USDA nutritional guidelines:

- 100% juice, no more than one serving per day
- Name of breakfast cereal to confirm the sugar limit is met
- At least one whole grain-rich food per day
- Both a fruit and vegetable or two different vegetables at lunch
- Milk must be (1%) \* No flavored milk in conjunction with snack menu