

November 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
				NO SCHOOL
4	5	6	7	8
B: ½ slice English muffin with scrambled eggs, ½ c shredded cheese S: ½ c Celery & 1 tbsp peanut butter L: Bean Burrito on a WW tortilla w/ 1oz refried beans, ¼ c cheese, 1/8 c lettuce, 1/8 c tomato, ¼ C Fruit Cocktail, ¼ c skim milk S: 4 Ritz Crackers w ½ oz string cheese <p style="text-align: center;">Bean Burrito</p>	B: slice WW bread, Egg, maple syrup, Fruit Salad, Skim Milk S: fruit smoothie & goldfish L: Teriyaki Turkey meatballs, mashed potato, corn, peaches, skim milk S: 4 soda crackers & cheese squares <p style="text-align: center;">Turkey Meatballs</p>	B: 1 pancake, mix fruit, skim milk S: pretzel & apple juice L: Pesto, chicken, pasta, peas & tomato, tropical fruit, skim milk S: cheerios and banana <p style="text-align: center;">Pesto Chicken</p>	B: ½ slice bagel, cream cheese & ½ c fruit cocktail, ¼ c skim milk S: ½ oz cheese and ½ slice WW bread L: 1 ½ oz hot dog, ½ oz pork & bean, ½oz hapa rice, ¼ c corn, ¼ c fruit cocktail, ¼ c skim milk S: 1 Nature Valley bar <p style="text-align: center;">Beenie Weenie</p>	B: ¾ c Honey bunches of oats cereal, ½ c berries, ¼ c skim milk S: 4 square soda crackers & ½ c honeydew melon L: ½ bread, 1 tbsp peanut butter & jelly sandwich, ¼ c carrot sticks, 1 oz cheese stick, ¼ c mandarin oranges, ¾ c skim milk S: 1 fig bar <p style="text-align: center;">PB & J</p>
11	12	13	14	15
Veterans Day NO SCHOOL	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk S: ½ c fruit smoothie & 10 Cheez its L: 1 ½ oz Chicken, ½ oz WW Tortilla, ¼ C cheddar/ jack cheese blend, ¼ C Fruit Salad, ¾ C Skim Milk S: ½ oz cheese stick and 4 Graham crackers <p style="text-align: center;">Chicken Quesadilla</p>	B: 1 pancake, ½ c berries, ¾ c skim milk S: ¼ slice tortilla, ¼ c ham, 1/8 c cheese L: 1 ½ oz Ground Beef, 1 ½ oz whole grain pasta, ½ oz Cheese, ¼ C onions, bell peppers, ¼ C Fruit Salad, ¾ C Skim Milk S: 8 pretzels and 1 tbsp peanut butter <p style="text-align: center;">Spaghetti</p>	B: ½ slice bagel, cream cheese & ½ c applesauce S: ¼ c hummus w/ 6 pita chips L: 1 ½ oz ground beef, w/ bell pepper, onion, and celery on a ww bun, ¼ c cheese, ¼ c fresh fruit, ¼ c skim milk S: 4 Ritz crackers, assorted ½ oz cheese squares <p style="text-align: center;">Sloppy Joes</p>	B: ½ c Special K cereal, ½ c bananas, ¼ c skim milk S: ½ oz cheese on ¼ slice tortilla (Quesadilla) L: 1 oz Ham, ½ oz slice cheese on a ww bun, ¼ c lettuce & 5 carrot sticks, ¼ c pears, ¾ c skim milk S: 1 Go-gurt and 26 goldfish <p style="text-align: center;">Ham and Cheese Sandwich</p>
18	19	20	21	22
B: ½ slice toast w scrambled eggs, ½ c fresh fruit, ¾ c skim milk S: 8 pretzels & ½ apple juice L: 1 ½ oz Tuna on roll w/ 1 oz cheese, ¼ c lettuce, 5 carrot sticks, ¼ c fruit cocktail, ¼ c skim milk S: ½ oz cheese stick & 4 Ritz crackers <p style="text-align: center;">Tuna Sandwich</p>	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk S: 1 tbsp peanut butter, ½ cup banana smoothie L: 1 ½ oz Ground Beef, ½ oz Elbow Macaroni, ¼ C Bell Pepper, ½ oz Tomato Sauce, ¼ C Fresh Fruit, ¾ C Skim Milk S: ½ c applesauce & 4 soda crackers <p style="text-align: center;">Chili MAC</p>	B: 1 pancake, ½ c melon, ¾ c skim milk S: ½ c oranges, 4 graham crackers L: 1 ½ oz roasted pork shoulder, 1 oz braised cabbage, 3 oz Hapa Rice, ¼ C Fresh Fruit, ¾ C Skim Milk S: 3 Triscuit crackers and ½ oz cheese squares <p style="text-align: center;">Kalua Pork</p>	B: ½ slice bagel, cream cheese & ½ c fruit cocktail S: 26 goldfish & ½ c apple juice L: ½ Beef Frank, ½ oz Corn Meal Batter (egg), ¼ C Green Beans, ¼ C Fruit Salad, ¾ C Skim Milk S: 4 apple slices and 2 graham crackers <p style="text-align: center;">Corn Dogs</p>	B: ½ c Special K cereal, ½ c apples, ¾ c skim milk S: 2 ½ c Celery and 1 tbsp peanut butter L: 1 oz Caesar Chicken on ½ slice tortilla, ¼ oz lettuce, ½ oz cheese stick, ¼ c carrots & cucumber, ¼ c tropical fruit, ¾ c skim milk S: Fruit cup & 4 soda crackers <p style="text-align: center;">Chicken Ceasar Wraps</p>
25	26	27	28	29
B: ½ slice toast with scrambled eggs, ½ c fresh fruit, ¾ c skim milk S: Fruit salad 1/8 c strawberries, cantaloupe, blueberries, oranges, & grapes w/ 4 soda crackers L: Veggie fried rice w/ ¼ c carrots, peas, onions, celery, ½ oz brown rice, ¼ c peaches, ¾ c skim milk S: ½ oz cheese stick & 4 Ritz crackers <p style="text-align: center;">Fried Rice</p>	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk S: ½ c fruit smoothie & 26 goldfish L: 1 ½ oz Ground Beef, ¼ C Bell Pepper, 1/8 C Onion, ¼ oz Tomato Sauce, 3 oz Brown Rice, ¼ C Fresh Fruit, ¾ C Skim Milk S: ½ c Cheerios, ½ c bananas <p style="text-align: center;">Chili and Rice</p>	B: 1 pancake, ½ c fruit cocktail, ¾ c skim milk S: ½ hard-boiled egg, 4 square soda crackers L: ½ Pork Frank, Hot Dog Bun, ¼ C Baked Beans, ¼ C Watermelon, ¾ C Skim Milk S: ½ oz cheese stick & 4 Graham crackers <p style="text-align: center;">Hot Dogs</p>	Thanksgiving Day NO SCHOOL	NO SCHOOL