

# November 2022

Preschool - All Locations (Allen, Bryant, Mitchell, Thurston,  
Westerman)

## Breakfast

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

#### Breakfast

- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Red Delicious Apple Halved
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk

**2**

#### Breakfast

- Pancakes
- Fresh Banana
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk
- Syrup

**3**

#### Breakfast

- Corn Chex Cereal
- Strawberry Banana Bash Yogurt
- Fresh Red and Green Seedless Grapes
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk

**4**

No Service

**7**

#### Breakfast

- Whole Grain Waffles
- Fresh Pear
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk
- Syrup

**8**

No School. Election Day!

**9**

#### Breakfast

- Pancakes
- Fresh Banana
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk
- Syrup

**10**

#### Breakfast

- Cheerios Cereal
- Triple Cherry Yogurt
- Blueberries
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk

**11**

#### Breakfast

- Bagel
- Cream Cheese
- Strawberry Jam
- Fresh Whole Fruit
- Low Fat Mozzarella String Cheese
- Fresh Banana
- 1% Low-fat Milk
- Skim Milk

**14**

#### Breakfast

- Whole Grain French Toast Sticks
- Fresh Pear
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk
- Syrup

**15**

#### Breakfast

- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Red Delicious Apple Halved
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk

**16**

#### Breakfast

- Pancakes
- Fresh Banana
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk
- Syrup

**17**

#### Breakfast

- Corn Chex Cereal
- Strawberry Banana Bash Yogurt
- Fresh Red and Green Seedless Grapes
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk

**18**

No Service

**21**

#### Breakfast

- Whole Grain Waffles
- Fresh Pear
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk
- Syrup

**22**

#### Breakfast

- Whole Grain Apple Cinnamon Muffin
- Low Fat Mozzarella String Cheese
- Red Delicious Apple Halved
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk

**23**

Closed for Thanksgiving Break!

**24**

Closed for Thanksgiving Break!

**25**

Closed for Thanksgiving Break!

**28**

#### Breakfast

- Whole Grain French Toast Sticks
- Fresh Pear
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk
- Syrup

**29**

#### Breakfast

- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Red Delicious Apple Halved
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk

**30**

#### Breakfast

- Pancakes
- Fresh Banana
- Fresh Whole Fruit
- Skim Milk
- 1% Low-fat Milk
- Syrup

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### Lunch

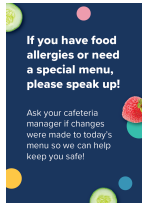
#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



**1**

- Main Entrees**
- Cheesy Italian Pull Apart
  - Marinara Sauce
- Alternate Entrees**
- Turkey and Cheese Sandwich
- Sides for All Meals**
- Unsweetened Applesauce
  - Campbell's Tomato Soup
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**2**

- Main Entrees**
- Stuffed Crust Cheese Pizza
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- Chilled Peaches
  - Lettuce and Spinach Salad
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**3**

- Main Entrees**
- Classic Hamburger
- Alternate Entrees**
- Gardenburger on Whole Grain
- Sides for All Meals**
- Fresh Banana
  - Seasoned Corn
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**4**

No Service

**7**

- Main Entrees**
- Breadstick
  - Chicken Nuggets
- Alternate Entrees**
- Vegan Chic'n Nuggets
- Sides for All Meals**
- Breadstick
  - Unsweetened Applesauce
  - Seasoned Carrots
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**8**

No School. Election Day!

**9**

- Main Entrees**
- Personal Cheese Pizza
- Alternate Entrees**
- Turkey and Cheese Sandwich
- Sides for All Meals**
- Sliced Fresh Apples
  - Fresh Broccoli Florets
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**10**

- Main Entrees**
- Whole Grain Waffle
  - Buttermilk Pancakes
  - Scrambled Eggs
  - Impossible Sausage Patty
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- Fresh Banana
  - Savory Green Beans
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**11**

- Main Entrees**
- Penne Pasta
  - Marinara Sauce
- Alternate Entrees**
- Shredded Mozzarella Cheese
  - Beef Meatballs
- Sides for All Meals**
- Sunbutter & Banana Roll Up
  - Fresh Whole Fruit
  - Fresh Celery Sticks
- Milk & Condiments**
- Low Fat Lactose-Free Milk
  - Skim Milk

**14**

- Main Entrees**
- Classic Chicken Sandwich
- Alternate Entrees**
- Gardenburger on Whole Grain
- Sides for All Meals**
- Sliced Fresh Apples
  - Seasoned Corn
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**15**

- Main Entrees**
- Sunbutter Sandwich
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- Chilled Peaches
  - Seasoned Broccoli Florets
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**16**

- Main Entrees**
- Cheese Pizza
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- California Mixed Fruit in 100% Juice
  - Fresh Carrots
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**17**

- Main Entrees**
- Roasted Turkey
  - Mashed Potatoes
  - Chicken Gravy
  - Whole Grain Dinner Roll
- Alternate Entrees**
- Vegan Chic'n Nuggets
  - Whole Grain Dinner Roll
- Sides for All Meals**
- Unsweetened Applesauce
  - Savory Green Beans
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**18**

No Service

**21**

- Main Entrees**
- Cheese Pizza
- Alternate Entrees**
- Gardenburger on Whole Grain
- Sides for All Meals**
- Chilled Peaches
  - Steamed Broccoli Florets
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**22**

- Main Entrees**
- Seasoned Turkey Taco Meat
  - Soft Flour Tortilla
  - Shredded Cheddar Cheese
  - Salsa
  - Low Fat Sour Cream
- Alternate Entrees**
- Sunbutter & Banana Roll Up
- Sides for All Meals**
- Sliced Fresh Apples
  - Seasoned Corn
- Milk & Condiments**
- 1% Low-fat Milk
  - Skim Milk

**23**

Closed for Thanksgiving Break!

**24**

Closed for Thanksgiving Break!

**25**

Closed for Thanksgiving Break!

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**28****Main Entrees**

- Grilled Chicken Breast
- Brown Rice

**Alternate Entrees**

- Sunbutter Sandwich

**Sides for All Meals**

- Banana and Strawberries
- Steamed Broccoli Florets

**Milk & Condiments**

- 1% Low-fat Milk
- Skim Milk

**29****Main Entrees**

- Classic American  
Cheeseburger

**Alternate Entrees**

- Gardenburger on Whole  
Grain

**Sides for All Meals**

- Unsweetened Applesauce
- Campbell's Tomato Soup

**Milk & Condiments**

- 1% Low-fat Milk
- Skim Milk

**30****Main Entrees**

- Stuffed Crust Cheese Pizza

**Alternate Entrees**

- Turkey and Cheese  
Sandwich

**Sides for All Meals**

- Chilled Peaches
- Lettuce and Spinach Salad

**Milk & Condiments**

- 1% Low-fat Milk
  - Skim Milk
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**Price List** Breakfast Price: \$1.75, Reduced Breakfast: \$0.30, Lunch Price: \$2.75, Reduced Lunch: \$0.40, Just a Milk: \$0.60

**Menus Subject to Change** We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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Preschool - All Locations (Allen, Bryant, Mitchell, Thurston,  
Westerman)

## Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Snack • Cranberry Granola • Raspberry Rainbow Yogurt	<b>2</b> Snack • Pretzel Heartzels • Fresh Cauliflower Florets	<b>3</b> Snack • Cinnamon Goldfish Graham Crackers • Fresh Carrots	<b>4</b> No Service
<b>7</b> Snack • Tostitos Tortilla Chips • Salsa	<b>8</b> No School. Election Day!	<b>9</b> Snack • Cheddar Goldfish Crackers • Fresh Grape Tomatoes	<b>10</b> Snack • Bug Bites Graham Crackers • Fresh Carrots	<b>11</b> Snack • Whole Grain Animal Crackers • Sliced Cucumbers
<b>14</b> Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	<b>15</b> Snack • Cranberry Granola • Raspberry Rainbow Yogurt	<b>16</b> Snack • Pretzel Heartzels • Fresh Cauliflower Florets	<b>17</b> Snack • Cinnamon Goldfish Graham Crackers • Fresh Carrots	<b>18</b> No Service
<b>21</b> Snack • Tostitos Tortilla Chips • Salsa	<b>22</b> Snack • Whole Grain Animal Crackers • Fresh Broccoli Florets	<b>23</b> Closed for Thanksgiving Break!	<b>24</b> Closed for Thanksgiving Break!	<b>25</b> Closed for Thanksgiving Break!
<b>28</b> Snack • Whole Grain Cheez-It Crackers • Sliced Cucumbers	<b>29</b> Snack • Cranberry Granola • Raspberry Rainbow Yogurt	<b>30</b> Snack • Pretzel Heartzels • Fresh Cauliflower Florets		

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