




**WEEK of 11/14/22**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
MON 11/14/22	100% Fruit Punch Oatmeal with Syrup Pineapple Tidbits Milk and Water	Fish Taco Chuck Wagon Corn Pear Halves Milk and Water	Spaghetti with Bolognese Sauce Winter Vegetables Italian Bread with Margarine Brownie Milk and Water	Lemon Pudding & Milk
TUE 11/15/22	Apple Juice Omelet with Colby Cheese Whole Wheat Toast with Margarine and Jelly Mandarin Oranges Milk and Water	Mexican Chicken Nachos Fruit Cocktail Milk and Water	Bratwurst on Roll Carrots Banana Cake Milk and Water	Corn Chips & Milk
WED 11/16/22	Grape Juice Whole Grain Blueberry Muffin with Margarine Peach Halves Milk and Water	Roasted Quinoa Burger on Whole Wheat Roll with Lettuce and Hummus Baked Beans  Baby Carrots  Flavored Applesauce Milk and Water	Grilled Chicken over Fettuccine Alfredo Salad with Salad Dressing Pineapple Rings Milk and Water	Graham Crackers & Milk
THUR 11/17/22	Orange Juice Whole Grain Waffles with Syrup Sliced Pears Milk and Water	<b><u>California Cobb Salad</u></b> Chicken Strips, Avocado, Egg, Bacon, Tomato Wedges over Salad Greens with Ranch Dressing Whole Wheat Dinner Roll with Margarine Fresh Fruit Milk and Water	Beef Fajitas with Fixings Rice Mandarin Oranges Milk and Water	Crunchy Cheetos & Milk
FRI 11/18/22	Cranberry Juice Scrambled Egg Patty Whole Grain Bagel with Margarine and Jelly Fruit Cocktail Milk and Water	Chicken Nuggets with Honey Racha Sauce Stir Fried Rice Tossed Salad with Cherry Tomatoes and Salad Dressing Whole Wheat Dinner Roll with Margarine Sliced Peaches Milk and Water	Battered Pollock Wedge on Club Roll Peas Cookies Milk and Water	Butterscotch Pudding & Milk
SAT 11/19/22	Grape Juice WG Granola Bar Tasteos Fresh Fruit Milk and Water	Meatballs on Roll Broccoli Pineapple Chunks Milk and Water	Baked Chicken Breast Macaroni and Cheese Green Bean Salad Frozen Chocolate Eclair Bar Milk and Water	Vanilla Wafers & Milk
SUN 11/20/22	Orange Juice WG Raspberry Churros Enriched Bran Flakes Applesauce Milk and Water	WG Buttermilk Pancakes with Syrup Chicken Sausage Links  Salad with Cherry Tomatoes and Salad Dressing Fruit Salad Milk and Water	Salisbury Steak in Gravy Parslied Potatoes Mixed Vegetables Dinner Roll with Margarine Pear Halves Milk and Water	Pretzels & Milk

**\*\*No Pork**

