

NOV 2022

GEAR UP FOR THE
TURKEY TROT
MARATHON



ANNOUNCEMENTS:

November 11th
Veterans Day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grill Cheese Sandwich **1**

Beefy Nachos
Refried Beans
Salad
Fruit
Milk

French Toast/Syrup **2**

TSO Chicken
Rice
Veggies
Fruit
Fortune Cookie
Milk

English & Muffin/Ham **3**

Turkey & Dressing
Mashed Potatoes/Gravy
Corn
Fruit/ Roll
Milk
Pie

Cereal & Cheese Sticks **4**

Cheese Burgers
Baked Tots
Lettuce & Tomato
Fruit
Milk

Yogurt & Granola **7**

Chicken Tenders
Fries
Toast
Fruit
Milk

Breakfast Pizza **8**

Soft Tacos
Pinto Beans
Salad
Fruit
Milk

Pancake Wrap **9**

Sausage Link
Ranch Style Beans
Bread
Fruit
Milk

Eggs & Toast **10**

Spaghetti/Meat
Corn
Garlic Stick
Fruit
Milk

Cinnamon Rolls **11**

Ham & Cheese Sandwiches
Veggie Tray
Lettuce & Tomato
Fruit, Baked Chips
Milk
Hero Slushies

Mini Pancakes **14**

Popcorn Chicken
Mashed Potato/Gravy
Biscuits
Fruit
Milk

Grill Cheese Sandwich **15**

Chili & Beans
Cornbread
Fruit
Milk

French Toast/Syrup **16**

Tso Chicken
Fried Rice
Veggies
Fruit
Fortune Cookie
Milk

English Muffin/Ham **17**

Pepperoni Pizza
Green Beans
Salad
Fruit
Milk

Cereal & Crackers **18**

Cheese Burgers
Curly Fries
Burger Salad
Fruit
Milk

HOLIDAY **21**

HOLIDAY **22**

HOLIDAY **23**

HOLIDAY **24**

HOLIDAY **25**

Mini Pancakes **28**

Crispy Chicken
Baked Fries
Roll
Fruit
Milk

Breakfast Bar & Toast **29**

Chili Cheese Fries
Pinto Beans
Cornbread
Fruit
Milk

Pancake Wrap **30**

Sausage Link
Ranch Style Beans
Bread
Fruit
Milk

