



Monday	Tuesday	Wednesday	Thursday	Friday
	11/01/2022	11/02/2022	11/03/2022	11/04/2022
Cinnamon Toast Crunch Cup Cheese & Garlic Balela Salad w/ Garbanzo, Tomato & Cucumber	Breakfast Potato, Egg Scramble Chicken Drumstick Baked Chickenless Brown Rice Pilaf	Mini Bagel w/ Cream Cheese Turkey Bacon, Lettuce & Tomato (BLT) Wrap Veggie Wrap w/ Lettuce & Tomato	Egg and Cheese Quesadilla Pasta & Turkey Meat Sauce Pasta & Meatless Turkey Sauce	Cinnamon Roll Cheeseburger Veggie Cheeseburger French Fries
11/07/2022	11/08/2022	11/09/2022	11/10/2022	11/11/2022
Apple Strudel Turkey Hot Dog** Veggie Hot Dog** Black Beans & Corn Salad	<b>Election Day -- Asynchronous Day for Students</b>	Bagel w/ Cream Cheese Italian Sand. w/ T. Ham T. Salami & T. Pepperoni Sand. w/ Plant Based Ham & Bacon Potatoes & Broccoli Medley	Pancakes and Turkey Sausage or Veggie Patty Penne Pasta & Beef Meatballs Penne Pasta & Veggie Meatballs	<b>Veterans Day  NO SCHOOL TODAY</b>
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
Yogurt and Granola Chicken Noddles w/ Carrots & Spinach Chicken Meatless Noddles w/ Carrots & Spinach	Banana Bread and Cheese Stick Garden Stew w/ Squash, Corn & K. Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Fresh Pears Choice of Milk	Multigrain Cheerios Hawaiian Chicken WW Wrap w/ Broccoli & Carrot H. Chicken Meatless Wrap w/ Broccoli & Carrots (V) Cranberry Dried	Blueberry Muffins Chicken Burrito Bowl with Beans and Corn Chickenless Burrito Bowl w/ Beans and Corn (V/VG)	Carved Turkey Carved Meatless Turkey (VG) Fresh Green Beans Sweet Potatoes WG Biscuit Pumpkin Pie Apples Choice of Milk
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
<b>Virtual Parent-Teacher Conferences</b>			<b>Enjoy Your Break -- Happy Thanksgiving</b>	
11/28/2022	11/29/2022	11/30/2022	12/01/2022	12/02/2022
Cinnamon Soft Round Granola Bar Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains	Gingerbread Muffin BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/ Rom. & Corn Pico (V/VG) Sour Cream (ss)	Pancakes and Syrup Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Carrots Sticks/Apples	English Muffin with Chicken Patty or Meatless Patty WG Caprese Pasta (V)	Egg & Cheese Breakfast Quesadillas Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sweet Corn