

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 Cheese, apples</p> <p>Shepherd's pie, buns, peppers, milk</p> <p>Pita bread, cucumbers, cream cheese</p>	<p>6 Mini wheats, berries</p> <p>Spinach and cheese quiche, corn, rice, milk</p> <p>Trial mix, oranges</p>	<p>7 Bagels, cream cheese, plums</p> <p>Chicken stew, cucumbers, breadsticks, milk</p> <p>Zucchini, Melba toast</p>	<p>8 Toast, bananas</p> <p>Pork stir fry, rice, cooked carrots, milk</p> <p>Cheese, crackers, peppers</p>	<p>9 Yogurt, berries</p> <p>Beef-a-roni, garlic bread, salad, milk</p> <p>Oatmeal Cookies, melon</p>
<p>12 English muffins, mango</p> <p>Tomato macaroni soup, sandwiches, raw veggies, milk</p> <p>Cheese, tomatoes</p>	<p>13 Yogurt, fruit fiesta</p> <p>Spaghetti & meatballs, cucumbers, buns, milk</p> <p>Eggs, peppers, toast</p>	<p>14 Avocados, bagels, cream cheese</p> <p>Meatloaf, mashed potatoes, buns, peas, milk</p> <p>Graham wafers, plums</p>	<p>15 Toast, applesauce</p> <p>Roast pork, roasted potatoes, applesauce, milk</p> <p>Banana bread, melon</p>	<p>16 Cheerios, pears</p> <p>Salmon nuggets, rice, peas, corn, milk</p> <p>Bananas, fruit dip</p>
<p>19 Raisin toast, peaches</p> <p>Chili, peppers, buns, milk</p> <p>Crackers, cream cheese, zucchini</p>	<p>20 Yogurt, fruit fiesta</p> <p>Chicken quesadillas, rice, cucumbers, milk</p> <p>Raw veggies, dip, trail mix</p>	<p>21 Berries, toast</p> <p>Roasted chicken, pasta parm, mixed veggies, beans, milk</p> <p>Rice pudding, oranges</p>	<p>22 Apples, Rice Krispies</p> <p>Egg bake, rice, beans, milk</p> <p>Rice cakes, bananas</p>	<p>23 Applesauce, granola</p> <p>Hamburgers, salad, roasted potatoes, milk</p> <p>Mango, animal crackers</p>
<p>26 Melba toast, cream cheese, avocado</p> <p>Taco bake, corn, salsa, sour cream, milk</p> <p>Animal crackers, kiwi</p>	<p>27 Eggs, cheese</p> <p>Baked fish, rice, peas, carrots, milk</p> <p>Pita, hummus, tomatoes</p>	<p>28 Fruit fiesta, corn flakes</p> <p>Chicken/rice veggie soup, sandwiches, peppers, milk</p> <p>Rice crackers, wow butter, pears</p>	<p>29 Bagels, cream cheese, oranges</p> <p>Meatballs, rice, buns, corn, milk</p> <p>Wraps, bananas, wow butter</p>	<p>30 Pancakes, berries</p> <p>Beef/Veggie/barley soup, pizza, raw veggies, milk</p> <p>Triscuits, cucumbers</p>