

November 2022

<p>7 Monday</p> <p>Breakfast: French toast sticks w/syrup, or assorted cereal</p> <p>Lunch: Buffalo mac and cheese' broccoli</p> <p>Deli: Ham & Cheese Sandwich fresh broccoli w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p>	<p>8 Tuesday</p> <p>Breakfast: Bagel w/cream cheese or cereal</p> <p>Lunch: Baked chicken,mashed potato, peas & carrots, roll</p> <p>Deli: Turkey & Cheese sandwich cucumber slices w/ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>9 Wednesday</p> <p>Breakfast: Egg, ham, & Cheese, Quesadilla or assorted cereal</p> <p>Lunch: Sloppy Joe's, Tater tots baked beans,</p> <p>Deli: Ham & Cheese Sandwich, black bean salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & Roll</p>	<p>10 Thursday</p> <p>Breakfast: Waffle w/sausage & syrup or assorted cereal</p> <p>Lunch: Linguica Pizza, Romaine salad</p> <p>Deli: Turkey & Cheese Sandwich carrots w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>11 Friday</p> <p>VETERAN'S DAY</p> <p>NO SCHOOL</p>
<p>14 Monday</p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Quesadilla, Spanish rice, corn</p> <p>Deli: Turkey & Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p>	<p>15 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Cheeseburger, apple slices, lettuce,tomato, baked beans</p> <p>Deli: Ham & Cheese sandwich black bean salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>16 Wednesday</p> <p>Breakfast Egg, ham, & cheese breakfast quesadilla or cereal</p> <p>Lunch: Chicken parmesan sandwich, garden salad</p> <p>Deli: Turkey & Cheese Sandwich w/ fresh broccoli w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & roll</p>	<p>17 Thursday</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal</p> <p>Lunch: Turkey and gravy over mashed potato, stuffing, peas, cranberry sauce, roll</p> <p>Deli: Ham & Cheese Sandwich fresh carrots w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>18 Friday</p> <p>Breakfast: Egg, sausage, & cheese on English Muffin or assorted cereal</p> <p>Lunch: Pizza, Romaine salad</p> <p>Deli: Turkey & Cheese Sandwich fresh broccoli w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & roll</p>