

November 2022

<p>21 Monday</p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: Spicy Chicken Sandwich, lettuce & tomato, potato wedges, baked beans, carrots w/ ranch dip</p> <p>Deli: Ham & Cheese Sandwich fresh carrots w/ranch dip or black bean salad</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p>	<p>22 Tuesday</p> <p>Breakfast: Egg, sausage, & cheese on English Muffin or assorted cereal</p> <p>Lunch: 2 Stuffed Cheese Sticks w/ Marinara sauce, fresh broccoli w/ranch dip, apple slices</p> <p>Deli: Ham & Cheese sandwich fresh broccoli w/ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>23 Wednesday</p> <p>Breakfast: Bagel w/cream cheese or cereal</p> <p style="text-align: center;">Half Day</p>	<p>24 Thursday</p> <p style="text-align: center;">Thanksgiving Day</p>	<p>25 Friday</p> <p style="text-align: center;">No School</p>
			<p>December</p>	
<p>28 Monday</p> <p>Breakfast: French toast sticks w/syrup, or assorted cereal</p> <p>Lunch: Chicken Patty Sandwich, lettuce & tomato, seasoned potato Fresh carrots w/ranch dip</p> <p>Deli: Ham & Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p>	<p>29 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Pasta with Meat Sauce, roll, margarin broccoli w/ranch dip</p> <p>Deli: Turkey & Cheese Sandwich broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>30 Wednesday</p> <p>Breakfast: Egg, ham, & cheese on English muffin or cereal</p> <p>Lunch: B.B.Q Pulled Pork Sandwich, baked beans, w/ potato wedges</p> <p>Deli: Ham & Cheese Sandwich w/ black bean salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & roll</p>	<p>1 Thursday</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal</p> <p>Lunch: Pepperoni Pizza and toss salad</p> <p>Deli: Ham & Cheese Sandwich fresh carrots w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p>	<p>2 Friday</p> <p style="text-align: center;">No School</p>