

NOVEMBER 2023

<p>6 Monday</p> <p>Breakfast: French toast sticks w/ syrup or assorted cereal</p> <p>Lunch: Cheeseburgers, crispy fries, and baked beans</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: chicken Caesar w/ romaine mix, croutons, parmesan cheese & a roll</p>	<p>7 Tuesday</p> <p>TEACHERS</p> <p>PROFESSIONAL</p> <p>DEVELOPMENT</p> <p>DAY</p>	<p>8 Wednesday</p> <p>Breakfast: Breakfast sandwich, egg sausage and cheese on a bagel/English muffin or waffle</p> <p>Lunch: Rotini w/ meat sauce, green beans, garlic knot</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese & a roll</p>	<p>9 Thursday</p> <p>Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Chicken wings, cheesy rice, broccoli</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons and a roll</p>	<p>10 Friday</p> <p>VETERANS DAY</p> <p>OBSERVED</p>
<p>13 Monday</p> <p>Breakfast: French toast Sticks w/ syrup or assorted cereal</p> <p>Lunch: Chicken patty, potato wedges, carrots</p> <p>Deli; Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese and a roll</p>	<p>14 Tuesday</p> <p>Breakfast: Cinnamon roll, or assorted cereal</p> <p>Lunch: Spaghetti and meatballs, broccoli, garlic knot</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & a roll</p>	<p>15 Wednesday</p> <p>Breakfast: Breakfast sandwich, egg, sausage, and cheese on a bagel or English muffin or waffle</p> <p>Lunch: Chicken chow Mein sandwich, fried rice, broccoli</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w romaine mix, croutons parmesan cheese & a roll</p>	<p>16 Thursday</p> <p>Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Nacho's w/ Doritos and refried beans, lettuce tomato and cheese</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli, w/ ranch dip</p> <p>Salad: Grilled chicken, w/ tomato, cucumbers, cheese, croutons and a roll</p>	<p>17 Friday</p> <p>Breakfast: egg, sausage and cheese on an English muffin or assorted cereal</p> <p>Lunch: Domino's Pizza!! Romaine salad</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, parmesan cheese, croutons and a roll</p>