

NOVEMBER, 2022

monday	tuesday	wednesday	thursday	friday
	TACO TUESDAY diced chicken brown rice, black beans salsa, sour cream, lettuce cheddar cheese soft tortillas	BREAKFAST DAY baked oatmeal plain/pumpkin with chocolate chips, spiced apple compote cheesy eggs turkey bacon	hot chicken filet sandwich lettuce, tomato cheese wheat bun sweet potato wedges	PIZZA DAY cheese and meatball roasted broccoli florets
PASTA DAY baked ziti ricotta and mozzarella cheese sauteed green beans with garlic	NACHO DAY ground beef black beans brown rice salsa, sour cream, lettuce cheddar cheese tortilla chips	BREAKFAST DAY bagels and cream cheese cheesy eggs turkey sausage	chicken and rice casserole steamed broccoli	PIZZA DAY cheese, diced ham roasted cauliflower with herbs and garlic
PASTA DAY rigatoni with Lago marinara sauce meatballs fresh steamed veggies	QUESADILLA chicken or cheese spanish rice black beans sour cream	BREAKFAST DAY assorted muffins cheesy eggs turkey bacon hash browns	roasted turkey with stuffing and mashed potatoes glazed carrots pumpkin pie	PIZZA DAY cheese, meatballs stamed broccoli
THANKSGIVING VACATION NO SCHOOL	THANKSGIVING VACATION NO SCHOOL	THANKSGIVING VACATION NO SCHOOL	THANKSGIVING VACATION NO SCHOOL	THANKSGIVING VACATION NO SCHOOL
PASTA DAY mac and cheese steamed broccoli fresh fruit or tossed salad	TACO DAY ground beef black beans spanish rice cheddar cheese tomatoes lettuce	BREAKFAST DAY pancakes berry syrup turkey sausage cheesy eggs hash browns		

