

M E N U

November 13 – November 17, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Scrambled Eggs Whole Grain Toast Banana Slices 2% Milk	French Toast Banana Slices 2% Milk	Spinach & Cheese Omelet 2% Milk	Hard-Boiled Egg Whole Grain Toast w/Jam 2% Milk	Breakfast Burrito (Egg, Sausage, Cheese) Pineapple Cubes 2% Milk
Morning Snack	Apple Slices Ritz Crackers Water	Baby Carrots Ranch Dressing Water	Graham Crackers Apple Sauce Pouch Water	Cucumber Sandwich Water	Veggie Straws Cubed Chicken Water
Lunch	Lazy Lasagna Steamed Veggies Dinner Roll Water	Ham & Cheese Melt Fruit Cocktail Water	Beefy Burrito Bowl (Beef, Brown Rice, Corn, Cheese, Tomatoes, Avocado) Water	Chicken Quesadilla Steamed Veggies Fresh Fruit Water	PB & J Squares on Whole Grain Bread Banana Slices Water
Afternoon Snack	Peanut Butter Crackers Sliced Peaches Water	Pear Slices Cheesy Whole Grain Bread Water	Toasted Bagel w/ Peanut Butter Water	Blueberry Muffin Yogurt Water	Oatmeal Cookie Fruit Sauce Pouch Water