



November



Monday

Tuesday

Wednesday

Thursday

Friday



3

BREAKFAST:

Fruit
Cereal
Milk

LUNCH:

Mac & Cheese
Mixed Green Salad w/ Dressing
Fruit
Milk

SNACK:

Pretzels and Juice

4

BREAKFAST:

Fruit
Fritata
Sliced Bread
Milk

LUNCH:

Chicken Nuggets w/ ketchup
Brown Rice
Steamed Carrots
Fruit and Milk

SNACK:

Goldfish Crackers and Juice

5

BREAKFAST:

Fruit
Waffle w/ syrup
Milk

LUNCH:

Chicken Tender w/ ketchup
Brown Rice
Mixed Vegetables
Fruit and Milk

SNACK:

Chips and Juice

6

BREAKFAST:

Fruit and Juice
Pancake w/ syrup
Milk

LUNCH:

Pizza
Corn
Fruit and Milk

SNACK:

Graham Crackers and Juice

7

BREAKFAST:

Fruit
Cereal
Milk

LUNCH:

Ropa Vieja e Pollo
Flour Tortilla
Refried Beans
Corn
Fruit
Milk

SNACK

Honey Oat Crackers and Juice

10



11

BREAKFAST:

Fruit
Morning Muffin
Milk

LUNCH:

Chicken Quesadilla
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:

President Crackers and Juice

12

BREAKFAST:

Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:

Our Famous Meatballs Marinara
Sun Bun
Corn
Fruit and Milk

SNACK:

Chips and Juice

13

BREAKFAST:

Fruit
Scrambled Egg
Sliced Bread
Milk

LUNCH:

Pizza
Steam Carrots
Fruit and Milk

SNACK:

Pretzel and Juice

14



Give Thanks



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Wednesday

Thursday

Friday

BREAKFAST: Fruit
Cereal And Milk

LUNCH: Chicken Parmesan Sandwich
w/ Sliced Bun
Steam Carrots
Fruit and Milk

SNACK: Cheez It and Juice

17

BREAKFAST: Fruit
Cinnamon Bread w/ Butter
Milk

LUNCH: Special Turkey Taco
Nacho Chips
Refried Beans
Lettuce
Fruit and Milk

SNACK: Graham Crackers and Juice

18

BREAKFAST: Fruit
Pancake w/ syrup
Milk

LUNCH: Beefaroni
Mixed Green Salad w/ Dressing
Garlic Bread
Fruit and Milk

SNACK: Pretzel and Juice

19

BREAKFAST: Fruit & Juice
Cheese Slice
Bread w/ butter
Milk

LUNCH: Roasted Turkey
Mashed Potatoes
Green Beans
Cinnamon Apples & Milk

SNACK: Goldfish Crackers and Juice

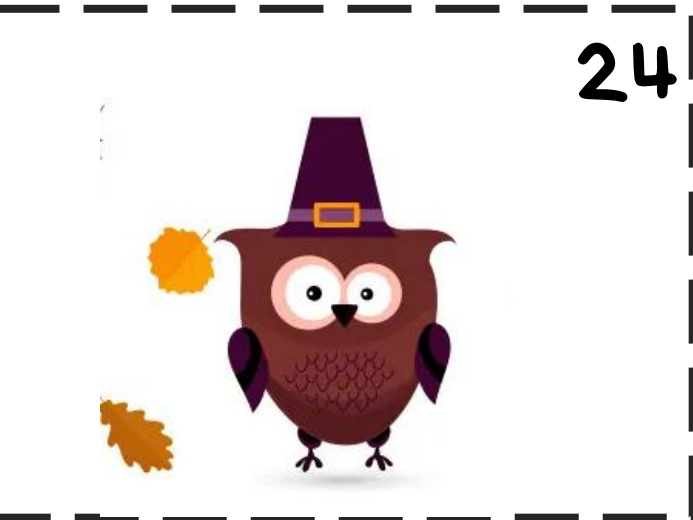
20

BREAKFAST: Fruit
Bread w/ Butter
Egg Patty
Milk

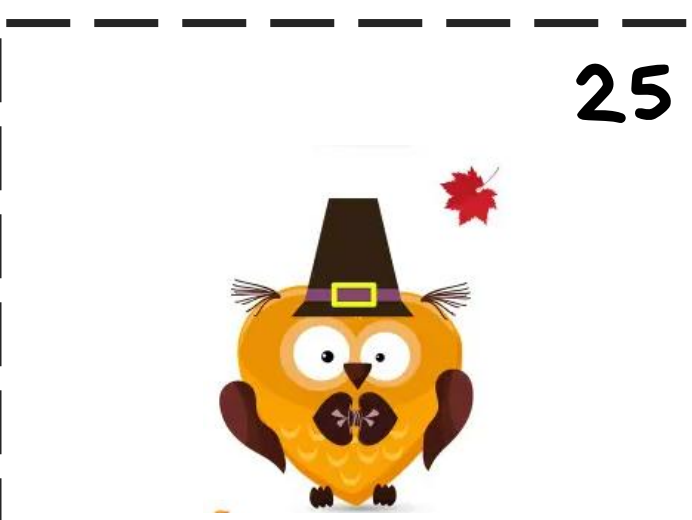
LUNCH: Pizza
Corn
Fruit and Milk

SNACK: Animal Crackers and Juice

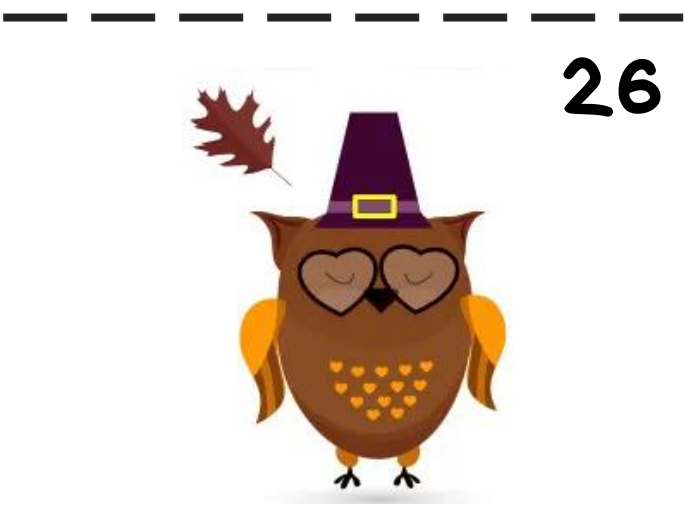
21



24



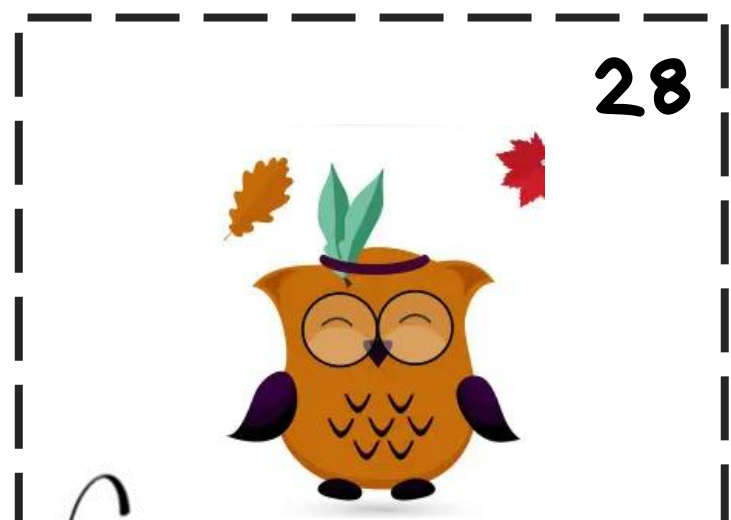
25



26



27



28



Give Thanks



Monday

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Wednesday

Thursday

Friday



3

DESAYUNO:
Fruta
Cereal
Leche
ALMUERZO:
Macarrones con queso
Ensalada mixta con aderezo
Fruta
Leche
MERIENDA:
Pretzels y jugo

4

DESAYUNO:
Fruta
Fritata
Pan de molde
Leche
ALMUERZO:
Nuggets de pollo con ketchup
Arroz integral
Zanahorias al vapor
Fruta con leche
MERIENDA:
Galletas Goldfish y jugo

5

DESAYUNO:
Fruta
Gofre con sirope
Leche
ALMUERZO:
Tiras de pollo con ketchup
Arroz integral
Verduras mixtas
Fruta con leche
MERIENDA:
Papas fritas con jugo

6

DESAYUNO:
Fruta y jugo
Panqueque con jarabe
Leche
ALMUERZO:
Pizza
Maíz
Fruta y leche
MERIENDA:
Galletas Graham y jugo

7

DESAYUNO:
Fruta
Cereal Y Leche
ALMUERZO:
Ropa Vieja y Pollo
Tortilla de Harina
Frijoles Refritos
Maíz
Fruta
Leche
BOTANIA
Galletas de Avena con Miel y Jugo

10



11

DESAYUNO:
Fruta
Muffin de la mañana
Leche
ALMUERZO:
Quesadilla de pollo
Ensalada mixta con aderezo
Fruta y leche
MERIENDA:
Galletas President y jugo

12

DESAYUNO:
Fruta y jugo
Panqueque con jarabe
Leche
ALMUERZO:
Nuestras famosas albóndigas marinaras
Pan de soletilla
Elote
Fruta y leche
MERIENDA:
Papas fritas y jugo

13

DESAYUNO:
Fruta
Huevo revuelto
Pan de molde
Leche
ALMUERZO:
Pizza
Zanahorias al vapor
Fruta con leche
MERIENDA:
Pretzel con jugo

14



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DESAYUNO:
Fruta
Cereal con leche
ALMUERZO:
Sándwich de pollo a la parmesana
con pan rebanado
Zanahorias al vapor
Fruta con leche
MERIENDA:
Queso Cheez It con jugo

17

DESAYUNO:
Fruta
Pan de canela con mantequilla
Leche
ALMUERZO:
Taco especial de pavo
Nachos
Frijoles refritos
Lechuga
Fruta con leche
MERIENDA:
Galletas Graham con jugo

18

DESAYUNO:
Fruta
Panqueque con sirope
Leche
ALMUERZO:
Beefaroni
Ensalada mixta con aderezo
Pan de ajo
Fruta con leche
MERIENDA:
Pretzel con jugo

19

DESAYUNO:
Fruta y jugo
Rebanada de queso
Pan con mantequilla
Leche
ALMUERZO:
Pavo asado
Puré de papas
Ejotes
Manzanas con canela y leche
MERIENDA:
Galletas Goldfish y jugo

20

DESAYUNO:
Fruta
Pan con mantequilla
Huevo con leche
ALMUERZO:
Pizza
Maíz
Fruta con leche
MERIENDA:
Galletas de animalitos y jugo

21



24



25



26



27



28



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Monday

Tuesday

Wednesday

Thursday

Friday



3

DEJENE:
Fwi
Sereyal
Lèt
MANJE MIDI:
Makawoni ak fwomaj
Salad vèt melanje ak sòs salad
Fwi
Lèt
TI GOUTE:
Pretzel ak ji

4

DEJENE:
Fwi
Fritata
Pen tranche
Lèt
MANJE MIDI:
Moulen poul ak kèchòp
Diri mawon
Kawòt vapè
Fwi ak lèt
TI GOUTE:
Biswit pwason wouj ak ji

5

DEJENE:
Fwi
Gofr ak siwo
Lèt
MANJE MIDI:
Poul tendre ak kèchòp
Diri mawon
Legim melanje
Fwi ak lèt
TI GOUTE:
Frit ak ji

6

DEJENE:
Fwi ak Ji
Krèp ak siwo
Lèt
MANJE MIDI:
Pitza
Mayi
Fwi ak Lèt
TI GOUTE:
Biswit Graham ak Ji

7

DEJENE:
Fwi
Sereyal ak Lèt
MANJE MIDI:
Ropa Vieja e Pollo
Tortilla Farin
Pwa Refrite
Mayi
Fwi
Lèt
TI GOUTE:
Biswit Avwan ak Ji ak Myèl

10



11

DEJENE:
Fwi
Mofin maten
Lèt
MANJE MIDI:
Kesadilla poul
Salad vèt melanje ak sòs salad
Fwi ak lèt
TI GOUTE:
Biswit ak ji Prezidan

12

DEJENE:
Fwi ak Ji
Krèp ak siwo
Lèt
MANJE MIDI:
Boulet Vyann Marinara nou yo ki popilè anpil
Pen Sun
Mayi
Fwi ak Lèt
TI GOUTE:
Chips ak Ji

13

DEJENE:
Fwi
Ze brase
Pen tranche
Lèt
MANJE MIDI:
Pitza
Kawòt vapè
Fwi ak lèt
TI GOUTE:
Bretzel ak ji

14



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Tuesday

Wednesday

Thursday

Friday

DEJENE:
Fwi
Sereyal ak Lèt
MANJE MIDI:
Sandwich poul ak parmesan
ak pen tranche
Kawòt vapè
Fwi ak Lèt
TI GOUTE:
Cheez It ak Ji

17

DEJENE:
Fwi
Pen kannèl ak bè
Lèt
MANJE MIDI:
Tako kodenn espesyal
Chips Nacho
Pwa refri
Leti
Fwi ak lèt
TI GOUTE:
Biswit Graham ak ji

18

DEJENE:
Fwi
Krèp ak siwo
Lèt
MANJE MIDI:
Bif
Salad vèt melanje ak sòs salad
Pen ak lay
Fwi ak lèt
TI GOUTE:
Bretzel ak ji

19

DEJENE:
Fwi ak Ji
Tranch Fwomaj
Pen ak bè
Lèt
MANJE MIDI:
Dendi Griye
Pile Pòmdechè
Pwa Vèt
Pòm Kannèl ak Lèt
TI GOUTE:
Biswit ak Ji Pwason Wouj

20

DEJENE:
Fwi
Pen ak bè
Boutey ze ak lèt
MANJE MIDI:
Pitza
Mayi
Fwi ak lèt
TI GOUTE:
Biswit bèt ak ji

21



24



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28



Give Thanks