

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese on Whole Wheat Bread Tomato Soup Pears Milk	Red Beans and Rice Broccoli Applesauce Milk	Cheese Pizza Salad Carrots Pineapple Milk	Whole Wheat Pasta w/Sauce, Cottage Cheese Mixed Vegetables Mandarin Oranges Milk	Scrambled Eggs Potatoes, Cheese Tortilla, Broccoli Peaches Milk
Red Beans and Rice Broccoli Mandarin Oranges Milk	Grilled Cheese on Whole Wheat Bread Tomato Soup Carrot Sticks, Pears Milk	Whole Wheat Pasta w/Sauce Cottage Cheese, Broccoli Pineapple Milk	Spanish Brown Rice w/Ground Turkey Corn Applesauce Water	Macaroni and Cheese Mixed Vegetables Peaches Milk
Scrambled Eggs Potatoes, Cheese Tortilla Mandarin Oranges Milk	Roast Chicken Brown Rice Beets Peaches Water	Tuna Noodle Casserole w/Egg Noodles Peas Pears Milk	Whole Wheat Tortilla Brown Rice, Black Beans Cheese, Corn and Salsa Pineapple Milk	Veggie Chili Brown Rice Cornbread Applesauce Milk
Macaroni and Cheese Mixed Vegetables Pineapple Milk	Veggie Chili Brown Rice Cornbread Applesauce Milk	Whole Wheat Pasta w/Sauce Cottage Cheese, Broccoli Peaches Milk	RECC Closed Happy Thanksgiving	RECC Closed
Tuna Noodle Casserole w/Egg Noodles Peas Pineapple Milk	Red Beans and Rice Broccoli Pears Milk	Whole Wheat Tortilla Brown Rice, Black Beans Cheese, Corn and Salsa Peaches Milk	Cheese Pizza Salad Squash Applesauce Milk	Ground Turkey Goulash w/Whole Wheat Penne Green Beans Pears Water

Breakfast and Snack

Crisp Rice Cereal Apples Milk/Water	Brown Rice Cakes Grapes Milk/Water	Whole Grain Oat Cereal Cantaloupe Milk/Water	Graham Crackers Oranges Milk/Water	Whole Grain Bagel Honey Dew Milk/Water
---	--	--	--	--

Whole Grain Cheez-its Raisins Milk/Water	Graham Crackers Bananas Milk/Water	Saltine Crackers Carrots w/Ranch Dip Milk/Water	Pretzels Yogurt Milk/Water	Ritz Crackers Cheese Sticks Milk/Water
--	--	---	----------------------------------	--

Milk is served with afternoon snack on days when meat is served with lunch.