

LANA



# November Menu



Grapes

Plums

Pomegranate

Squash

Sweet Potatoes

	Monday, 2nd	Tuesday, 3rd	Wednesday, 4th	Thursday, 5th	Friday, 6th
Breakfast	Oatmeal, Peaches, Milk	Scrambled Eggs with Cheese, Grapes, Milk	Waffles, Mixed Fruit, Milk	Blueberry Quesadillas, Milk	Cereal, Mandarin Oranges, Milk
Lunch	Tomato Bisque Soup with Grilled Cheese Sandwiches, Pears, Milk	Turkey Burgers with Cheese, Sliced Oranges, Mixed Veggies, Milk	Turkey/Ham & Cheese Wraps, Apples & Grapes, Corn, Milk	Penne Rosa Pasta with Peppers, Breadsticks, Pineapple, Peas, Milk	Chicken Strips, Carrots, Mixed Fruit with Grapes, Milk
Snack	Apples, Green Grapes, Cheddar Cheese, Milk	Veggies & Dip, Milk	Yogurt & Granola, Milk	Fresh Fruit Mix with Grapes, Milk	Soft Pretzel with Cheese, Milk
	Monday, 9th	Tuesday, 10th	Wednesday, 11th	Thursday, 12th	Friday, 13th
Breakfast	Cereal, Bananas, Milk	French Toast Muffins, Milk/Juice	Cheesy Breakfast Egg Burritos, Milk/Juice	Oatmeal with Plums, Milk	Smoothies with Plum, Milk
Lunch	Spaghetti with Meat Sauce, Plums, Mixed Veggies, Milk	Italian Dunkers with Sauce, Pears, Green Beans, Milk	Chili and Corn Bread, Apple Rings & Plums, Carrots, Milk	Chicken Chow Mein with Vegetables, Bananas, Milk	Cheese Quesadillas, Applesauce, Peas, Milk
Snack	String Cheese and Crackers, Milk	Oatmeal Plum Raisin Cookies, Milk	Granola Bars, Milk	Chocolate Chip Banana Zucchini Bread, Milk	Ants on a Log, Milk
	Monday, 16th	Tuesday, 17th	Wednesday, 18th	Thursday, 19th	Friday, 20th
Breakfast	Cereal, Pears, Milk	Bagels with Cream Cheese, Milk/Juice	Yogurt with Granola and Pomegranate, Milk	Pancakes, Bananas, Milk	Cheesy Eggs and Turkey Sausage, Milk/Juice
Lunch	Hot Turkey and Cheese Hoagies, Sliced Oranges, Carrots, Milk	Chicken Fried Rice with Veggies, Mandarin Oranges, Milk	Tacos with Cheese, Peaches, Corn, Milk	Chicken Tetrizzini, Mixed Fruit, Peas, Milk	Cheese Pizza, Pears, Green Beans, Milk
Snack	Goldfish Crackers and Pomegranate Wedge, Milk	Graham Crackers with Pomegranate Spread, Milk	Apples & Caramel, Milk	Jello with Pomegranate, Milk	Pomegranate Muffins, Milk
	Monday, 23rd	Tuesday, 24th	Wednesday, 25th	Thursday, 26th	Friday, 27th
Breakfast	Cereal, Peaches, Milk	Zucchini Bread, Pears, Milk	Apple Cinnamon Muffins, Milk	<i>Center Closed Happy Thanksgiving!</i>	
Lunch	Mini Corn Dogs, Sliced Oranges, Peas, Milk	Chicken Rice Soup with Squash, Crackers, Pineapple, Milk	Macaroni and Cheese, Pears, Mixed Veggies with Squash, Milk		
Snack	Squash Muffins, Milk	Oatmeal Banana Cookies, Milk	Pretzels, Milk		
	Monday, 30th				
Breakfast	Cereal, Peaches, Milk				
Lunch	Beef Stew with Carrots and Sweet Potatoes, Dinner Roll, Pears, Milk				
Snack	Applesauce and Crackers, Milk				