November & December Menu (includes drinks, daily salad bar and whole fruit)

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
BF: Cereal Bowl with Milk	BF: Yogurt with Granola	BF: Pancakes with Syrup	BF: Bagels with Cream cheese	BF: Breakfast casserole
L: Chicken or bean and	L: Hamburger or Impossible Burger	L: Macaroni & Cheese with Meatballs	L: Pork Bao Bun or Veg.	L: Chicken or
Cheese burrito	SNK: Celery & Sunbutter	SNK: Goldfish with Fruit	Bao	Impossible Nuggets Cesar Salad
SNK: Crackers & Cheese			SNK:Hummus with Veggie sticks	SNK: String Cheese
5	6	7	8	9
BF: Cereal Bowl with	BF: Yogurt Parfait	BF: Waffles	BF: Flo Mc Muffin	BF: Quesadilla
	L: Chicken Burger or	L: Baked Penne and	L: Enchiladas	L: BLT or Grilled
L: Chicken or veggie	Impossible Burger	Meatballs or with out		cheese
Quesadilla			SNK: House baked cookie	
SNK: Multi grain chips	SNK:	SNK: Half Ham and Cheese Sandwich		SNK:
12 BF: Cereal Bowl with	13	14	15	16
Milk	BF: Yogurt with Granola	BF: Pancakes with Syrup	BF: Bagels with Cream cheese	BF: Breakfast casserole
L: Chicken or bean and	L: Hamburger or	L: Macaroni & Cheese with		
Cheese burrito	Impossible Burger	Meatballs	L: Pork Bao Bun or Veg.	L: Chicken or
			Bao	Impossible Nuggets
SNK: Crackers &	SNK: Celery & Sunbutter	SNK: Goldfish with Fruit		Cesar Salad
Cheese			SNK:Hummus with Veggie sticks	SNK: String Cheese
Closed	Dec 19 - January 3			Ŭ .

January 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED 9 BF: Cereal Bowl with Milk L: Chicken or veggie Quesadilla	BF: Cereal with Milk L: Chicken or Bean Burrito SNK: Multi- Grain Chips 10 BF: Yogurt Parfait L: Chicken Burger or Impossible Burger	BF: Pancakes with Syrup L: Macaroni & Cheese with Meatballs SNK: Goldfish with Fruit 11 BF: Waffles L: Baked Penne and Meatballs or without	BF: Bagels with Cream cheese L: Pork Bao Bun or Veg. Bao SNK:Veggie Stick with Ranch 12 BF: Flo Mc Muffin L: Enchiladas SNK: House baked cookie	BF: Breakfast casserole L: Chicken or Impossible Nuggets Cesar Salad SNK: String Cheese 13 BF: Quesadilla L: BLT or Grilled cheese
SNK: Multi grain chips 15 BF: Cereal Bowl with Milk L: Chicken or bean and Cheese burrito SNK: Crackers & Cheese	SNK: 13 BF: Yogurt with Granola L: Hamburger or Impossible Burger SNK: Plta and Hummus	SNK: Half Ham and Cheese Sandwich 14 BF: Pancakes with Syrup L: Macaroni & Cheese with Meatballs SNK: Goldfish with Fruit	BF: Bagels with Cream cheese L: Pork Bao Bun or Veg. Bao SNK: Veggie sticks & Ranch	SNK: Tomato Soup with cheese and crackers 16 BF: Breakfast casserole L: Chicken or Impossible Nuggets Cesar Salad SNK: String Cheese