**Breakfast:**

Whole Grain Cereal

**Lunch:**

Grilled Cheese Sandwich with Marinara Dipping Sauce and Cucumbers

**Fruit Of the Day:**

Fruit Cup

All Meals Include Low-Fat White Milk. Menu Subject to Change Without Notice. This Institution is an Equal Opportunity Provider and Employer.

**Breakfast:**

Bagel and Sting Cheese

**Lunch:**

Chicken Burger and Celery Sticks

**Fruit Of the Day:**

Apple

**Breakfast:**

Waffle and String Cheese

**Lunch:**

Mini Cheese Calzones and Carrot Sticks

**Fruit Of the Day:**

Orange

**Breakfast:**

Muffin

**Lunch:**

Macaroni and Cheese with Green Peas

**Fruit Of the Day:**

Apple

**Breakfast:**

Whole Grain Cereal

**Lunch:**

Chicken Teriyaki with Whole Grain Rice and Broccoli

**Fruit Of the Day:**

Fruit Cup

**Breakfast:**

Apple Cinnamon Loaf

**Lunch:**

Turkey Ham, Egg, and Cheese Breakfast Sandwich on a Whole Grain Roll with

Carrot Sticks

**Fruit Of the Day:**

Applesauce

**Breakfast:**

Mini French Toast

**Lunch:**

Cheesy Nachos with Black Beans

**Fruit Of the Day:**

Orange

**Breakfast:**

Banana Bread Slice

**Lunch:**

Cheeseburger and Celery Sticks

**Fruit Of the Day:**

Applesauce

**Breakfast:**

Bagel and Cream Cheese

**Lunch:**

Chicken Tenders, Waffle, and Carrot Sticks

**Fruit Of the Day:**

Orange

**Breakfast:**

Muffin

**Lunch:**

Teriyaki Beef Dippers with Whole Grain Rice and Broccoli

**Fruit Of the Day:**

Apple

**NOVEMBER 2022**

APPLE

**Breakfast:**

Mini Strawberry Bagel

**Lunch:**

Chicken Drumstick, Mini Cornbread and Baby Baked Potatoes

**Fruit Of the Day:**

Apple

**Breakfast:**

Mini Strawberry Bagels

**Lunch:**

Chicken Nuggets, Whole Wheat Roll and Carrot Sticks

**Fruit Of the Day:**

Orange

**Breakfast:**

Waffle and String Cheese

**Lunch:**

Mini Corndogs and Sweet Corn

**Fruit Of the Day:**

Applesauce

**Breakfast:**

Yogurt and Granola

**Lunch:**

Orange Chicken with Whole Grain Rice and Broccoli

**Fruit Of the Day:**

Orange

**Breakfast:**

Banana Bread

**Lunch:**

Bean and Cheese Burrito with Oven Baked Potato Gems

**Fruit Of the Day:**

Applesauce