

November

2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Jumbo Corn Dog Green Beans Fresh or Chilled Fruit Lorne Doone Tropical Fruit	Steak and Cheese on Whole Wheat Sub Roll w/ Salad and Ranch Dressing Fresh or Chilled Fruit Nutri Gran Bars Honey Dew	Chicken Alfredo w/ Penne Pasta Broccoli Fresh or Chilled Fruit Fig Newtons Pears	Filet Fish on Whole Wheat Bun Zucchini Fresh or Chilled Fruit Animal Crackers Peaches
7	8	9	10	11
Stuffed Shells w/ Mariana Sauce Mix Vegetables Fresh or Chilled Fruit Pretzels Cantaloupe	Tacos- Ground Beef, Tortilla Wrap, Cheddar Cheese, Lettuce and Salsa Fresh or Chilled Fruit Goldfish Apples	Chicken Tenders Squash Fresh or Chilled Fruit Graham Crackers Mandarin Oranges	Turkey Meatball w/ Mariana Sauce over Spaghetti Peas Fresh or Chilled Fruit Ritz Crackers / Cube Cheese	BLT – Turkey Bacon, Lettuce, Sliced Tomatoes on Whole Wheat Bread Fresh or Chilled Fruit Vanilla Wafers Banana
14	15	16	17	18
Cheese Pizza Three Bean Salad Fresh or Chilled Fruit Mini Muffins Applesauce	Salisbury Steak w/ Gravy and Whole Wheat Roll and Mix Vegetables Fresh or Chilled Fruit String Cheese Pears	Spring Rolls Carrots Fresh or Chilled Fruit Teddy Grams Tropical Fruit	Pancakes w/ Syrup Turkey Bacon Fresh or Chilled Fruit Saltine Crackers Pineapples	Chicken Patty on Whole Wheat Bun Green Beans Fresh or Chilled Fruit Lorne Doone Honey Dew
21	Turkey Day 22	23	24	25
Veggie Bowl – Rice, Corn, Black Beans, Peppers, Tomatoes, Onion Fresh or Chilled Fruit Cheez its Cantaloupe	Sliced Turkey Breast, Mashed Potatoes w/ Gravy and Green Beans Whole Wheat Roll Fresh or Chilled Fruit Animal Crackers and Mango	Tuna Salad on Whole Wheat Bun Celery w/ Ranch Dressing Fresh or Chilled Fruit Vanilla Wafers Banana	THANKSGIVING MERRITT IS CLOSED	MERRITT IS CLOSED
28	29	30		
Cheese Tortellini w/ Mariana Sauce Broccoli Fresh or Chilled Fruit Graham Crackers Mandarin Oranges	Tacos- Ground Beef, Tortilla Wrap, Cheddar Cheese, Lettuce and Salsa Fresh or Chilled Fruit Chocolate Pudding Honey Dew	Chicken Nuggets Peas and Carrots Fresh or Chilled Fruit Goldfish Peaches		