

November

2023

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions May Be Made As Needed		1 Chili Mash Potatoes Fresh or Chilled Fruit Nutri Gran Bars Pears	2 Chicken Alfredo w/ Penne Pasta Broccoli Fresh or Chilled Fruit Fig Newtons Apple slices	3 Filet Fish on Whole Wheat Bun Zucchini Fresh or Chilled Fruit Rice cakes Peaches
6 Meatless Baked ziti California Blend Vegetables Fresh or Chilled Fruit Pretzels Cantaloupe	7 Tacos- Ground Beef, Tortilla Wrap, Cheddar Cheese, Lettuce and Salsa Fresh or Chilled Fruit Goldfish Apples	8 Chicken tenders & Waffles Corn Fresh or Chilled Fruit Graham Crackers Raisins	9 Beef B.B.Q. Meatballs Honey Glazed Carrots & Mash Potatoes Fresh or Chilled Fruit Ritz Crackers Pears	10 Soup & Sandwich BLT – Turkey Bacon, Lettuce, Sliced Tomatoes on Whole Wheat Bread Roasted Chicken Noodle Soup Fresh or Chilled Fruit Vanilla Wafers Banana
13 Veggie Lasagna Salad Garlic bread Fresh or Chilled Fruit Mini Muffins Applesauce	14 Orange Chicken w/ Stir fry veggies Over Whole Grain Rice Fresh or Chilled Fruit String Cheese Pears	15 Tuna Salad on Wheat Bread Carrots Fresh or Chilled Fruit Mini Muffins Tropical Fruit	16 On the Grill Hotdogs Vegetarian Baked Beans Fresh or Chilled Fruit Granola bars Pineapples	17 Chipotle Chicken Bowl Lettuce, Tomatoes, Onions, Rice. Green Beans Fresh or Chilled Fruit Ritz Crackers Honey Dew
20 Pesto Pasta w/ Garlic Bread Salad Fresh or Chilled Fruit Yogurt Cantaloupe	21 Sloppy Joe on Whole Wheat Bun Brussel sprouts Fresh or Chilled Fruit Animal Crackers Mandarin Oranges	22 Turkey Day Sliced Turkey with Gravy Mashed potatoes & Green beans Cranberry sauce Fresh or Chilled Fruit Vanilla Wafers & Banana	23 THANKSGIVING MERRITT IS CLOSED	24 MERRITT IS CLOSED
27 Cheese Ravioli with marinara Salad Fresh or Chilled Fruit Graham Crackers Mandarin Oranges	28 Cod Fish tacos, Tortilla Wrap, Cheddar Cheese, Lettuce and Salsa Fresh or Chilled Fruit Lorna Doones Honey Dew	29 Cheese pizza Salad Fresh or Chilled Fruit Goldfish Peaches	30 French toast sticks Turkey sausage Fresh or chilled fruit Caramel rice cakes Pears	