

November 2022
 Afterschool Program – 3pm Meal
 Subject to Availability*Whole grain-rich, Milk 1% Milkfat

Monday	Tuesday	Wednesday	Thursday	Friday
Oct.31 Chicken Patty/Bun* Veggie, fruit Milk	1 No School	2 Meatballs Roll*, Veggie Fruit Milk	3 Soft Pretzel* Boiled Egg Veggie, fruit Milk	4 Yogurt Sunflower seeds Bear Grahams* Veggie, fruit, milk
7 Muffin* Boiled Egg Veggie Fruit Milk	8 Twin bar*/Yogurt Cheese stick Veggie, fruit Milk	9 Uncrustable Sting Cheese Veggie Fruit Milk	10 Soft Pretzel* Boiled Egg Veggie, fruit Milk	11 No School
14 Cereal Bar* Boiled egg Veggie Fruit Milk	15 Twin bar*/Yogurt Cheese stick Veggie, fruit Milk	16 Uncrustable Sting Cheese Veggie Fruit Milk	17 Soft Pretzel* Boiled Egg Veggie, fruit Milk	18 Yogurt Sunflower seeds Bear Grahams* Veggie, fruit, milk
21 No school	22 No school	23 No school	24 No school	25 No school
28 Hot dog w/ Bun* Veggie Fruit Milk	29 Twin bar*/Yogurt Cheese stick Veggie, fruit Milk	30 Chicken Nuggets* Veggie, fruit Milk	Dec. 1 Burrito* Veggie, fruit Milk	Dec.2 Yogurt Sunflower seeds Bear Grahams* Veggie, fruit, milk

