



November 2024



Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>Note: Water is served for afternoon snack where no other beverage is listed</p> <p>Milk is served with breakfast and lunch</p>					<p>1</p> <p>WG Life Cereal, apple & milk</p> <p>Red beans (vegan), brown rice with yams, bananas & milk</p> <p>Corn muffins (contains egg & dairy) & milk</p>	2
3	<p>4</p> <p>WG Cheerios, apple & milk</p> <p>Greek chicken salad with pita, kiwi & milk</p> <p>Club crackers & cheese</p>	<p>5</p> <p>WG Oat bran muffin, banana & milk</p> <p>Broccoli cheddar soup (vegetarian) with oyster crackers, pear & milk</p> <p>Sun butter & whole-wheat bread</p>	<p>6</p> <p>Waffle (contains egg), applesauce & milk</p> <p>Pasta Bolognese (contains beef), romaine salad, fruit salad & milk</p> <p>WG cereal snack mix & pear</p>	<p>7</p> <p>Bagel, orange & milk</p> <p>Falafel chili (vegetarian, contains sesame), bread sliced peaches & milk</p> <p>WG Wheat Thins & apple</p>	<p>8</p> <p>WG Kix cereal, apple & milk</p> <p>Ham and cheese sandwiches, carrots, bananas & milk</p> <p>Graham crackers & milk</p>	9
10	<p>11</p> <p>Rice Krispies, orange & milk</p> <p>Macaroni and cheese, steamed peas, bananas & milk</p> <p>WG Wheat Thins & apple</p>	<p>12</p> <p>WG Life cereal, banana & milk</p> <p>Chicken vegetable soup, crackers, pear & milk</p> <p>Soft pretzel bites & orange</p>	<p>13</p> <p>WG oatmeal, apple & milk</p> <p>Black beans and WG brown rice, guacamole salad, kiwi & milk</p> <p>Cottage cheese & banana</p>	<p>14</p> <p>Corn flakes, orange & milk</p> <p>Pasta marinara with shredded mozzarella, kiwi & milk</p> <p>WG Triscuits & 100% apple juice</p>	<p>15</p> <p>WG Cheerios, apple & milk</p> <p>Sun butter on whole wheat, peeled baby carrots, banana & milk</p> <p>Animal crackers & milk</p>	16
17	<p>18</p> <p>WG Kix cereal, orange & milk</p> <p>BBQ pulled pork slider, steamed corn, fruit salad & milk</p> <p>Goldfish crackers & apple</p>	<p>19</p> <p>Bagel and banana, milk</p> <p>Sliced turkey and Swiss on whole wheat, vegetable soup, apple & milk</p> <p>Blueberry oat-bran muffin & pear</p>	<p>20</p> <p>WG oatmeal, banana & milk</p> <p>Hummus and pita with Greek salad, oranges & milk</p> <p>Sliced cheese and pepperoni with Ritz crackers</p>	<p>21</p> <p>Waffles, applesauce & milk</p> <p>Cheese pizza, steamed broccoli and cauliflower, banana & milk</p> <p>WG rice cake & sun butter</p>	<p>22</p> <p>WG life cereal, apple & milk</p> <p>Sweet and sour chicken with WG brown rice, broccoli and carrots, pineapple tidbits & milk</p> <p>Dilled cucumbers & pretzels</p>	23
24	<p>25</p> <p>WG Cheerios, orange & milk</p> <p>Turkey and gravy with cornbread stuffing, mashed yams, applesauce & milk</p> <p>Pumpkin bran muffins & milk</p>	<p>26</p> <p>WG Chex cereal, pear & milk</p> <p>Lentil and carrot soup, crackers, apple & milk</p> <p>Graham crackers & milk</p>	<p>27</p> <p>Corn Flakes, banana & milk</p> <p>Chicken and veggie pot-pie bake, fruit salad & milk</p> <p>WG Goldfish & apple</p>	<p>28</p> <p>IC3 Closed for Thanksgiving Recess</p>	<p>29</p> <p>IC3 Closed for Thanksgiving Recess</p>	30