

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Alfredo, Penne Pasta, Green Beans, Fruit, Milk Variety	2 Chicken Finger Sub, Roasted Cauliflower, Fruit, Milk Variety	3 Beef and Cheese Empanadas, Roasted Broccoli, Fruit, Milk	4 Nachos with Beef and Cheese Sauce, Corn Fruit, Milk Variety
7 Half Day for Students Staff Development	8 No School Election Day	9 Breaded Chicken Sandwich, Sweet Potato Fries, Fruit, Milk Variety	10 Spaghetti with Beef Meat Sauce, Roasted Broccoli, Parmesan Cheese, Breadstick, Fruit, Milk Variety	11 No School Veterans Day
14 Sweet and Sour Chicken Bites, Steamed Rice, Roasted Broccoli, Fruit, Milk Variety	15 Cold Cut Subs (Turkey or Ham), Bag of Chip, Lettuce, Tomato, Pickle, Fruit, Milk Variety	16 Grilled Cheese, Tomato Soup, Roasted Cauliflower, Fruit, Milk Variety	17 Chicken Fingers, Macaroni and Cheese, Green Beans, Fruit, Milk Variety	18 Pizza with Turkey Pepperoni, Garden Salad, Fruit, Milk Variety
21 Beef Burgers on a Costanzo Roll, French Fries, Pickle, Fruit, Milk Variety	22 Teryaki Chicken, Steamed Rice, Roasted Green Beans, Fruit, Milk Variety	23 Thanksgiving Feast (Turkey, Mashed Potatoes, Gravy, Corn, Cornbead	24 No School Thanksgiving Recess	25 No School Thanksgiving Recess
28 Chicken Bites, Belgium Waffles, Syrup. Roasted Sweet Potatoes, Fruit, Milk Variety	29 BBQ Chicken Quesadillas, Roasted Cauliflower, Fruit, Milk Variety	30 Ravioli with Homemade Sauce, Parm Cheese, Salad, Breadstick, Fruit, Milk Variety	1 Steak and Cheese Hoagie, Pepper/Onion, Roasted Broccoli, Fruit, Milk Variety	2 Beef Taco on Flour Tortilla, Corn, Steamed Rice, Beans, Fruit, Milk Variety

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