

November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1. AM Applesauce/ Graham Cracker PM Tortilla*/ Turkey LPU Cereal*/ Apple Juice	2. AM Banana chips/ Nilla Wafers PM Ritz*/Salami LPU Cheese Stick / Apple Juice	3. AM Pretzels/ Cheese Stick PM Goldfish/ Milk LPU Saltines*/ Apple Juice	4. AM Carrots/ Hummus PM Wheat Thins*/ Cheese Stick LPU Ritz*/ Apple Juice
7. AM Graham Cracker/ Milk PM Saltines*/ Milk LPU Cheese Stick / Apple Juice	8. Conferences	9. AM Ritz*/Salami PM Banana chips/ Nilla Wafers LPU Cereal* / Apple Juice	10. AM Goldfish/ Milk PM Pretzels/ Cheese Stick LPU Saltines*/ Apple Juice	11. AM Wheat Thins*/ Cheese Stick PM Carrots/ Hummus LPU Ritz*/ Apple Juice
14. AM Applesauce/ Graham Cracker PM Tortilla*/ Turkey LPU Cereal*/ Apple Juice	15. AM Graham Cracker/ Milk PM Saltines*/ Milk LPU Cheese Stick / Apple Juice	16. AM Nilla Wafers/ Milk PM Triscuits*/ Salami LPU Graham Cracker/ Apple Juice	17. AM Ritz*/Salami PM Banana chips/Nilla wafers LPU Goldfish* / Apple Juice	18. AM Goldfish/ Milk PM Pretzels/ Cheese Stick LPU Saltines*/ Apple Juice
21. AM Wheat Thins*/ Cheese Stick PM Carrots/ Hummus LPU Pretzels/ Apple Juice	22. AM Saltines*/ Milk PM Graham Cracker/ Milk LPU Cheese Stick / Apple Juice	23. Thanksgiving	24. Thanksgiving	25. Thanksgiving
28. AM Triscuits*/ Salami PM Nilla Wafers/ Milk LPU Graham Cracker/ Apple Juice	29. AM Banana chips/Nilla wafers PM Ritz*/Salami LPU Cheese Stick / Apple Juice	30 AM Pretzels/ Cheese Stick PM Goldfish/ Milk LPU Saltines*/ Apple Juice		*Whole grain Cereal Options: Cheerios & Multi Grain Cheerios 1% Milk is served 100% Apple Juice is served

Items containing **Wheat** Whole Wheat Ritz*, Whole Grain Saltines*, Nilla Wafers, Goldfish, Graham Crackers, Whole Wheat Tortilla*, Triscuit*, & Wheat Thins*

Items containing **Dairy** Cheese Stick, Milk, Nilla Wafers and Goldfish

Items containing **Eggs** Nilla Wafers

Items containing **High Fructose Corn Syrup** Nilla Wafers & Whole Wheat Ritz

Items containing **Soy** Whole Wheat Ritz, Nilla Wafers and Graham Crackers