



November 2023 Lunch and Snack Menu



For He satisfies the thirsty and fills the hungry with good things. Psalm 107:9

*Milk is served with ALL lunches *WG: Whole Grain / WW: Whole Wheat * Condiments to be served on side (i.e., mayo, dressing)
* Menu subject to change. Updated: 10/27/2023

		<p>1 Taco Salad w/WG Corn Chips & Apple Slices AM Snack: Cottage Cheese & Pineapples PM Snack: Animal Crackers & Fruit</p>	<p>2 Cheese/Pepperoni Pizza & Cucumber Sticks, & Banana AM: Triscuits (WG) & Cheese PM: Cheez-its & Milk</p>	<p>3 Pork & Peas (Guisantes), Hapa Rice, Pineapple Chunks AM: String Cheese & Fruit PM: Ritz Crackers (WG) & Milk</p>
<p>6 Cheese Toast Sandwich (WG), Green Beans & Pears AM: Cucumbers & Apples PM: Wheat Thins (WG) & Tuna</p>	<p>7 Chicken Ritz Casserole, Hapa Rice, Peas, & Banana AM: Cheerios (WG) & Milk PM: Carrots & Apples</p>	<p>8 Hamburger Steak w/Hapa Rice, Gravy, WW Roll, Corn & Apple Sauce AM: Teddy Grahams (WG) & Milk PM: Utz Twisted Pretzels & Fruit</p>	<p>9 BBQ Pork on Bun, Cole Slaw, & Peaches AM: Banana Bread (WG) & Milk PM: Bagels & Cream Cheese</p>	<p>10 Veterans Day Holiday</p>
<p>13 Fish Sticks, Hapa Rice, Broccoli & Apple Slices AM: Chex Mix & Milk PM: Triscuits (WG) & Cheese</p>	<p>14 Chicken Curry w/Potato and Carrot Hapa Rice, & Orange Wedges AM: Oatmeal Squares (WG) & Milk PM: Teddy Grahams & Fruit</p>	<p>15 Volcano Tots w/ Biscuits, Salad, & Pears AM: Ritz Crackers & Apple Slices PM: Tortilla Chips (WG) & Cheese Sauce</p>	<p>16 Turkey & Cheese Sandwich w/WW Bread, Cucumber & Banana AM: Strawberry Muffin & Milk PM: Pub Mix & Juice</p>	<p>17 Creole Mac and Cheese, WW Roll, Peas, & Fruit Cocktail AM: Kix Cereal & Milk PM: Rice Cake (WG) & Fruit</p>
<p>20 Shoyu Hot Dog w/ Hapa Rice, Carrot & Cucumber Sticks, & Apple Slices AM: GoGurt & Fruit PM: Cheez-its (WG) & Milk</p>	<p>21 Chicken Caesar Salad/ WW Roll, & Banana AM: Pumpkin Muffin & Milk PM: Pretzels & Juice</p>	<p>22 Egg Fried Rice, Celery and Carrots, & Peaches AM: Fruit & Animal Crackers PM: Gold Fish (WG) & Juice</p>	<p>23 24 Thanksgiving Holiday</p>	
<p>27 Chili and Hapa Rice, Corn, & Apple Sauce AM: Cottage Cheese & Peaches PM: Wheat Thins (WG) & Cheese</p>	<p>28 Cheeseburger on Bun, Lettuce & Tomato, & Banana AM: Ritz Crackers (WG) & Milk PM: String Cheese & Fruit</p>	<p>29 Chicken Chow Fun Hapa Rice & Orange Wedges AM: Blueberry Muffin & Milk PM: Tortilla Chips (WG) & Cheese Sauce</p>	<p>30 Beef Stew w/Veggies & Hapa Rice, Pineapple Chunks AM: Cheerios (WG) & Milk PM: Watermelon & Celery Sticks</p>	<p>Blessings Always!</p>