



Menu – November 27-December 01, 2023

	Monday November 27	Tuesday November 28	Wednesday November 29	Thursday November 30	Friday December 01
Morning Snack	Oats & Honey Granola Bars Water	Brown Sugar & Cloves Oatmeal w/ Oatmilk	Vanilla Yogurt Blueberries Water	Cinnamon Raisin Bagels w/Cream Cheese Water	Cheerios Craisins Milk
Lunch	Sweet Oregano Marinara Spaghetti Mixed Vegetables Apples Milk	Black Bean, Salsa & Cheese Wrap California Vegetable Medley Grapefruit Milk	Vegetable Rice Bowl Mince Garlic Green Beans Strawberries & Pineapples Milk	Fall Stew Kale Salad w/ Dried Cranberries, Apple Pear, & Pepitas Milk	Basil & Cheese English Muffins Pizza Roasted Corn & Red Peppers Mixed Fruit Milk
Afternoon Snack	Baked Cheese Crackers Water	Banana Sun butter Water	Lemon Pepper Cucumbers w/ Ranch Dip Water	Hummus Wheat Thins Water	Dried Fruit Trail Mix Water

*Serving sizes and meal components will be in compliance with USDA guidelines