



## Menu – November 27-December 01, 2023

	<b>Monday November 27</b>	<b>Tuesday November 28</b>	<b>Wednesday November 29</b>	<b>Thursday November 30</b>	<b>Friday December 01</b>
<b>Morning Snack</b>	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
<b>Lunch</b>	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
<b>Afternoon Snack</b>	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