



## Menu – November 7-11, 2022

	<b>Monday November 7</b>	<b>Tuesday November 8</b>	<b>Wednesday November 9</b>	<b>Thursday November 10</b>	<b>Friday November 11</b>
<b>Breakfast</b>	Yogurt Blueberries Milk	All Spice Oatmeal Milk	Organic Applesauce Graham Crackers Milk	Cheese Grits Milk	Red Berries Corn Flakes Dried Fruit Milk
<b>Lunch</b>	Carrot Ginger Soup Strawberry Spinach Salad w/ Poppy Seed Dressing Milk	Tomato Caper Sauce Pasta Roasted Parmesan Broccoli Florets Oranges Milk	Sweet Potato & Chickpea Curry Rice Herb Crusted Green Beans Pink Lady Apples Milk	Sweet Relish Pinto Beans Garlic and Herb Mash Potatoes Seedless Grapes Milk	Bell Peppers, Egg, and Cheese Burrito Sweet Potato Fries Clementines Milk
<b>Afternoon Snack</b>	Pretzel Squares Raisins Water	Caramel Rice Cakes Water	Mini Sweet Corn Muffins Water	Butternut Squash Cake Water	Fig Bars Water

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