

November 2022 | MENU
Rise
 Breakfast & Lunch






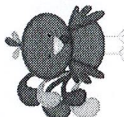


November 11 Veteran's Day
 November 21-25 Fall Break

Breakfast includes: Entrée, 1 cup fruit & milk.

Lunch includes: Entrée with grain/bread, 1 cup vegetables, ½ cup fruit & milk.

Y Symbolizes the daily vegetarian options

Menu selection is subject to change at any time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01</p> <p>Breakfast Fresh Baked Biscuit with Grape Jelly ✓ Fresh Fruit Lunch Rotini with Meat Sauce or Marinara ✓ WG Dinner Roll Savory Green Beans ✓ Mixed Fruit</p>	<p>02</p> <p>Breakfast WG Cereal ✓ Fresh Fruit Lunch Hamburger on WG Bun Baked Sweet Potato Fries ✓ Applesauce Cup</p>	<p>03</p> <p>Breakfast Strawberry Cereal Bar ✓ Fresh Fruit Lunch Baked Chicken Bites WG Dinner Roll Steamed Broccoli ✓ Mixed Fruit</p>	<p>04</p> <p>Breakfast Vanilla Yogurt & Granola ✓ Fresh Fruit Lunch WG Pizza Day! *Y* Baked Chick'n Cal Fries ✓ Diet Peaches</p>	
<p>07</p> <p>Breakfast Strawberry Cereal Bar ✓ 100% Apple Juice Lunch WG Toasty Grilled Cheese Sandwich ✓ Baked Potato Tots ✓ Applesauce Cup</p>	<p>08</p> <p>Breakfast Vanilla Yogurt & Granola ✓ Fresh Fruit Lunch Beef/Nachos with WG Chips Black & White Beans ✓ Diet Peaches</p>	<p>09</p> <p>Breakfast WG Cereal ✓ Fresh Fruit Lunch WG Chicken Enchilada Empanadas *NEW* Fresh Tossed Salad ✓ Mixed Fruit</p>	<p>10</p> <p>11 VETERAN'S DAY</p> 	
<p>14</p> <p>Breakfast WG Cereal 100% Fruit Blend Juice Lunch Sir Fyn Noodle Bowl Sir Fyn Vegetables ✓ Diet Peaches</p>	<p>15</p> <p>Breakfast Banana Muffin ✓ Applesauce Cup Lunch Beef & Cheese Brown Rice Bowl Baked Corn ✓ Mixed Fruit</p>	<p>16</p> <p>Breakfast Vanilla Yogurt & Granola ✓ Diet Peaches Lunch Cheeseburger on WG Bun Baked Corn ✓ Diet Peaches</p>	<p>17</p> <p>Breakfast Fresh Baked Biscuit with Grape Jelly ✓ Mixed Fruit Lunch Fried Turkey Tenderloin with Pan Gravy WG Dinner Roll Baked Local Grow Sweet Potatoes ✓ Applesauce Cup</p>	
<p>21 FALL BREAK</p> 	<p>22 FALL BREAK</p> 	<p>23 FALL BREAK</p> 	<p>24 THANKSGIVING</p> 	<p>25 FALL BREAK</p> 
<p>28</p> <p>Breakfast Strawberry Cereal Bar ✓ 100% Apple Juice Lunch Chicken Sandwich on WG Bun Baked Potato Tots ✓ Applesauce Cup</p>	<p>29</p> <p>Breakfast Vanilla Yogurt & Granola ✓ Fresh Fruit Lunch Muffin Choice Entrée Grain Vegetable Fruit</p>	<p>30</p> <p>Breakfast WG Cereal Diet Peaches Lunch WG Chicken Enchilada Empanadas Fresh Tossed Salad ✓ Mixed Fruit</p>		