




NOVEMBER

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Vegetable Salad Fruit	2 Grilled Cheese Vegetable Salad Fruit	3 Bagels & Spreads String Cheese Vegetable Fruit	4 Fish Sticks Vegetable Salad Fruit	5 Macaroni & Cheese Vegetable Salad Fruit
8 Chicken Nuggets Vegetable Salad Fruit	9 Grilled Cheese Vegetable Salad Fruit	10 Bagels & Spreads String Cheese Vegetable Fruit	11 Veteran's Day School Closed (UPK OPEN-see previous Thursday's lunch)	12 Tuna & Wheat Bread Vegetable Salad Fruit
15 Chicken Nuggets Vegetable Salad Fruit	16 Grilled Cheese Vegetable Salad Fruit	17 Bagels & Spreads String Cheese Vegetable Fruit	18 Fish Sticks Vegetable Salad Fruit	19 Macaroni & Cheese Vegetable Salad Fruit
22 Chicken Nuggets Vegetable Salad Fruit	23 Grilled Cheese Vegetable Salad Fruit	24 Bagels & Spreads String Cheese Vegetable Fruit	25 	26 School Closed
29 Chicken Nuggets Vegetable Salad Fruit	30 Grilled Cheese Vegetable Salad Fruit			

Our menu was reviewed following the CACFP nutrition guidelines and approved by nutritionist Shari Hamburg MS. The CACFP guidelines indicate food group choices as well as portion sizes. Please feel free to send in peanut/tree nut free, kosher options as substitutions or to supplement your child's meal if needed. Breakfast of milk, cereal & fruit is served daily until 8:30am. All snacks provided are whole grain and are accompanied by a fruit or protein.