## November 2016 Greens and Beans

Monday		Tuesday		Wednesday		Thursday		Friday		
			1		2		3		4	
		AM Snack		AM Snack		AM Snack			AM Snack	
		Cheese and Crackers		Muffin		Crumpet		Wheat bread	Wheat bread and Jam	
		Lunch		Lunch		Lunch		Lunch		
		Taco Tuesday		Beef Burger		Chicken Fried Rice		Spaghetti and meatballs		
		PM Snack		PM Snack		PM Snack		PM Snack		
		Pecans		Pita chips		Pretzels and	PB	Yogurt Gran	ola Cup	
	7		8		9		10		11	
AM Snack		AM Snack		AM Snack		AM Snack				
Fruit Muffin		Yogurt w. Granola		Peanut Butter Crackers		Apple Muffin				
Lunch		Lunch		Lunch		Lunch		No School		
Chicken Parma		Quiche (Eggie) Pie		Dumplings and Veg		Cheese Ravioli				
PM Snack		PM Snack		PM Snack		PM Snack				
Pita chips w/	Hummus	Aussie Muffin		Cheese Roll-up		Granola Bar				
	14		15		16		17		18	
AM Snack		AM Snack		AM Snack		AM Snack		AM Snack		
Vanilla Yogurt		Baked Berry Loaf		Berry Muffin		Banana Bread		Biscuits		
Lunch		Lunch		Lunch		Lunch		Lunch		
Steak Quesa	ıdilla	Spaghetti & Meatballs		Pizza and Veggies		Hokkein noodles		Lentils with Egg Noodles		
PM Snack		PM Snack		PM Snack		PM Snack		PM Snack		
Pita chips w/	Hummus	Bagel with C	.C	Peanut butte	er pretzels	Strawberry Y	'ogurt	Cheese and	Crackers	
	21		22		23		24		25	
AM Snack		AM Snack								
Breakfast Bread		Baked Apple Loaf								
Lunch		Lunch		Thanksgiving Break		No School		No School		
Cheese Ravioli		Thanksgiving Lunch								
PM Snack		PM Snack								
Bagel with C.C.		Peanut Butter sticks								
	28		29		30					
AM Snack		AM Snack		AM Snack						
Lemon Piketlet		Yogurt Granola Cup		Blueberry Muffin						
Lunch		Lunch		Lunch						
Meatball Sandwich		Turkey Quesadilla		Pizza and Salad						
PM Snack		PM Snack		PM Snack						
Ants on a log		Raisin Bagel w. CC		Brioche Bread						

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