

# NOVEMBER

Vegetarian Menu

Nov 3<sup>rd</sup>

**B** Kix, Pineapple

**L** Chickpea Noodle Soup,  
Grilled Cheese  
Sandwich, Pineapple

**S** Chex Mix, Juice

Nov 10<sup>th</sup>

**B** Fruit Whirls,  
Applesauce

**L** Veggie Noodle Soup,  
Sunbutter and Jelly  
Sandwich, Applesauce

**S** Veggie Straws,  
Juice

Nov 4<sup>th</sup>

Apple Cinnamon Bread,  
Cinnamon Apples

Veggie Corndogs,  
Carrots and  
Cinnamon Apples

Gogurt, Club  
Crackers

Nov 11<sup>th</sup>

Gingerbread,  
Pears

Veggie Chicken  
Nuggets, Mashed  
Potatoes, Pears

Nutrigrain Bar

Nov 5<sup>th</sup>

Omelets, Peaches

Vegan Turkey Cutlets,  
Gravy, Mashed  
Potatoes, Peaches

Bananas, Cheerios

Nov 12<sup>th</sup>

Biscuits & Gravy,  
Peaches

Cheese Tortellini w/Butter  
Parmesan Sauce, Green  
Beans, Peaches

Apple Slices,  
String Cheese

Nov 6<sup>th</sup>

Pancakes, Pears

Veggie Meatball  
Sub, Corn, Pears

Cheese-itz, Juice

Nov 13<sup>th</sup>

Waffles, Mandarin  
Oranges

Veggie Burger on  
Bun, Peas,  
Mandarin oranges

Popcorn/puffed  
corn, Juice

Nov 7<sup>th</sup>

Cheesy Hashbrown  
Casserole, Fruit Mix

Fettuccini Alfredo,  
Broccoli, Fruit Mix

Cook's Choice

Nov 14<sup>th</sup>

Egg and Cheese  
Bagel, Fruit Mix

Cheese Pizza, salad  
w/dressing, Fruit  
Mix

Bel-Vita Biscuits,  
Milk



Please note the following changes are made when needed for Infant and Toddler rooms:  
Carrot Stix=Cooked Carrots Trail Mix=No Raisins, Chocolate Chips or Mini Marshmallows  
Grapes= Substituted Fruit Popcorn=Puffed Corn Oranges/Pineapple=Non Citrus Fruit  
\*\*Foods are also cut into small, bite size pieces before being offered to the students.

Days outlined like this indicate Unit 5 and or District 87 schools will be present for meals.



Nov 17<sup>th</sup>

Nov 18<sup>th</sup>

Nov 19<sup>th</sup>

Nov 21<sup>st</sup>

Nov 22<sup>nd</sup>

B

Golden Grahams,  
Pineapple

Butterscotch  
Bread, Pears

French Toast Stix,  
Applesauce

Omelets, Fruit Mix

Pancake & Veggie  
Sausage patty,  
Cinnamon Apples

L

Tomato Soup, Bosco  
Stix, Pineapple

Veggie Chicken Pot  
Pie Casserole,  
Biscuit, Pears

Veggie grilled chicken  
on Avanti's bread,  
Chips, Applesauce

Veggie Chicken Patty  
on Bun, Carrots, Fruit  
Mix

Mac & Cheese, Peas,  
Cinnamon Apples

S

Rice Cakes, Juice

Ritz Crackers,  
Cheese Slice

Bananas, Cheerios

Animal Crackers,  
Milk

Tortilla Chips,  
Salsa

Nov 24<sup>th</sup>

Nov 25<sup>th</sup>

Nov 26<sup>th</sup>

Nov 27<sup>th</sup>

Nov 28<sup>th</sup>

b

Cheerios,  
Mandarin Oranges

Banana Bread w/mini  
choc chips, Peaches

Sausage Biscuit,  
Pineapple

*Closed for the  
Thanksgiving  
Holiday*

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Holiday*

L

Cheesy Potato and Veggie  
Sausage Soup, Crackers,  
Mandarin Oranges

Veggie Chicken  
Nuggets, Green  
Beans, Peaches

Veggie Meatballs,  
Buttered Noodles,  
Carrots, Pineapple

S

Trail Mix, Juice

Bel-vita Biscuits,  
Milk

Apple Slices,  
Cheese Cubes



*Our annual Holiday  
program will take place  
at Central Catholic  
High School on  
Saturday, December 6<sup>th</sup>.*

*Evergreen  
Center  
@ 9:00am*

*Oakland  
Center  
@ 10:00am*

*Williamsburg  
Center  
@ 2:00pm*