

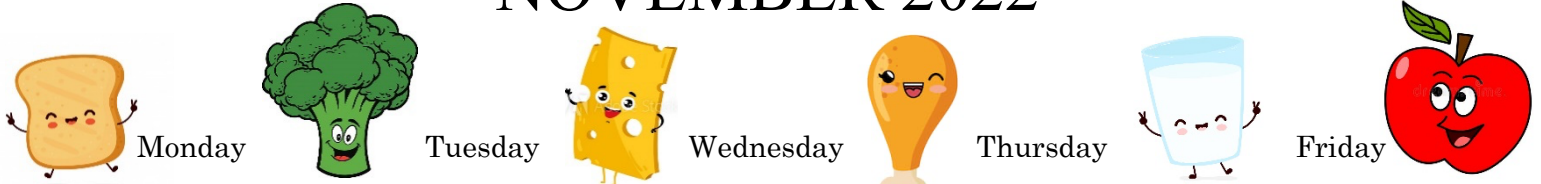
# What's For Lunch & Snack?

## EFCCA

### NOVEMBER 2022



All Meals Include:  
Milk & Whole Wheat Bread or Whole Grain Rice/Pasta  
All Snacks Include:  
100 % Fruit Juice or Water



	1 Cheeseburger Sandwich Baked French Fries Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Cheese Gold Fish Cracker</b>	2 Cheese Ravioli w/marinara sauce Mixed Vegetables Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Pretzels</b>	3 Baked Chicken w/gravy Broccoli Whole Grain Rice Chef's Choice Fruit  <b>Snack: Strawberry Chex Mix</b>	4 Chicken Sandwich Baked Potato Tots Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Graham Fish Cookies</b>
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7 Chicken Fried Rice Carrots Whole Grain Rice Chef's Choice Fruit  <b>Snack: Strawberry Yogurt</b>	8 Meatloaf w/gravy Green Peas Whole Grain Rice Chef's Choice Fruit  <b>Snack: Whole Grain Cheese-Its Crackers</b>	9 Grilled Cheese Baked French Fries Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Graham Crackers</b>	10 Baked Chicken Nuggets Corn Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Animal Crackers</b>	11 Macaroni w/Meat Marinara Sauce Green Beans Whole Grain Pasta Chef's Choice Fruit <b>Snack: Whole Grain Graham Fish Cookies</b>
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14 Baked Fish Nuggets Green Peas Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Pretzels</b>	15 BBQ Meatballs Broccoli Whole Grain Rice Chef's Choice Fruit  <b>Snack: Whole Grain Cheese Gold Fish Cracker</b>	16 Pizza w/Extra Cheese Baked Potato Tots Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Animal Crackers</b>	17 Hot Dogs Baked Beans Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Strawberry Chex Mix</b>	18 Chicken Fried Rice Corn Whole Grain Rice Chef's Choice Fruit  <b>Snack: Whole Grain Graham Fish Cookies</b>
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21 Baked Chicken Nuggets Corn Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Animal Crackers</b>	22 Spaghetti w/Meat Marinara Sauce Green Beans Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Graham Crackers</b>	23 <b>Early Dismissal 1pm</b> Turkey & Cheese Melt Baked Potato Tots Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Cheese-Its Crackers</b>	24  <b>Thanksgiving Break</b> <b>No School</b>	25
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28 Baked BBQ Chicken Corn Whole Grain Rice Chef's Choice Fruit  <b>Snack: Pretzels</b>	29 Hot Dogs Baked Beans Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Strawberry Yogurt</b>	30 Baked Fish Nuggets Macaroni w/cheese Whole Wheat Bread Chef's Choice Fruit  <b>Snack: Whole Grain Graham Fish Cookies</b>		
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# What's For Breakfast?

## EFCCA

### NOVEMBER 2022



**All Meals Include:**  
Milk & Whole Wheat Bread or Whole Grain Rice/Pasta  
**All Snacks Include:**  
100 % Fruit Juice or Water



	1 Whole Grain Pancakes Turkey Sausage Links Chef's Choice Fruit	2 Cream of Wheat Chef's Choice Fruit	3 Whole Grain Waffles Scrambled Eggs Chef's Choice Fruit	4 Cheerios Chef's Choice Fruit
7 Oatmeal Chef's Choice Fruit	8 Whole Grain Waffles Scrambled Eggs Chef's Choice Fruit	9 Chex Chef's Choice Fruit	10 Whole Grain Pancakes Turkey Sausage Patties Chef's Choice Fruit	11 Corn Flake Chef's Choice Fruit
14 Cheerios Chef's Choice Fruit	15 Whole Grain Pancakes Turkey Sausage Links Chef's Choice Fruit	16 Cream of Wheat Chef's Choice Fruit	17 Whole Grain Waffles Scrambled Cheese Egg Chef's Choice Fruit	18 Chex Chef's Choice Fruit
21 Oatmeal Chef's Choice Fruit	22 Whole Grain Waffles Scrambled Eggs Chef's Choice Fruit	23 <b>Early Dismissal</b> <b>1pm</b> Corn Flakes Chef's Choice Fruit	24 25  <b>Thanksgiving Break</b> <b>No School</b>	
28 Chex Chef's Choice Fruit	29 Whole Grain Pancakes Turkey Sausage Patties Chef's Choice Fruit	30 Cream of Wheat Chef's Choice Fruit		