





# November

## 2022-2023 Pre-school Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Dark Green	Red/Orange	Starchy	Beans & Legumes	Other
	1 Ham sandwich Oven roasted potato  Orange wedges	2 BBQ chicken Yellow rice Peas & Carrots	3 Chili Carne W/corn chips  Orange wedges	4 Chesseburger  Cucumber spear Apple
7  Chef's Special	8 French Bread Pizza Carrot coin Orange wedges	9 Chicken Tinga w/lettuce & corn Queso fresco Apple	10 Spaghetti W/ Meat Sauce Bread roll Mandarine	11  <b>Veteran's Day</b> <b>No School</b>
14 Tamale Jicama sticks  Mandarine	15 Italian Quesadila Carot stick Fruit Cup	16 Chef's Soup w/salad W/bread roll Mandarin	17 Roasted turkey W/gravy, bread roll Mash potato Green beans	18 Chef's Special
21 				25
28 Chef's Pizza Corn Pear	29 Chef's Special	30 Ham & Cheese Sandwich Oven roasted potato Mandarine		

Offered Daily: 6oz 1% unflavored milk, 1/4 cup of fruit (seasonal), 1/4 cup of vegetables, (All sub-groups offered weekly) and 1-1/2 oz. equivalent of meat/meat alternatives

Serving ages: 3-5 years old

