

BADR School**Breakfast****Breakfast****November 1 - November 30***What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mixed Fruit Cup-1/2 c. 100% Apple Juice-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	2 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Cinn. Toasters Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	3 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	4 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	5 Fresh Orange-1 W/G Honey Scooters-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.
8 Fresh Apple-1 W/G Rice Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	9 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. RICE KRISPIES CEREAL W/G Strawberry Breakfast Bar-1 Milk-8 oz.	10 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	11 CLOSED	12 CLOSED
15 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	16 Fresh Red Apple-1 W/G Fruit Loops-1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.	17 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	18 Fresh Pear-1 W/G Cinnamon Chex Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	19 Granny Smith Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
22 Fresh Apple-1 W/G Trix Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	23 Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	24 Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	25 Diced Peach Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Cheerios-1 oz. W/G Strawberry Waffle Grahams-2 Milk-8 oz.	26 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.
29 Fresh Orange-1 W/G Raisin Bran Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	30 Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.			

LUNCH**November 1 - November 30***What's Cooking Today?*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Flame Broiled Chicken Burger on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	2 Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	3 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	4 W/G Chicken Fingers-3 Diced Carrots-1 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.	5 3x5 Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
8 All Beef Hamburger on a Whole Wheat Bun-1 Sliced Carrots-1 c. Pineapple Cup-1/2 c. Milk-8 oz.	9 Meatballs w/ Sauce on a Whole Grain Sub Roll-1 Corn-3/4 c. Fresh Apple-1 Whole Grain Bread Milk-8 oz.	10 Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.	11 CLOSED	12 CLOSED
15 Grilled Teriyaki Chicken Bites-4 Corn-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	16 Cheese Lasagna with NO Meat Sauce-5 oz. Diced Carrots-1 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.	17 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Celery Sticks w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	18 W/G Chicken Fingers-3 Vegetarian Beans-3/4 c. Whole Wheat Dinner Roll Cherry Craisins-1/2 c. Milk-8 oz.	19 Macaroni and Cheese-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Whole Grain Bread Peach Applesauce Cup-1/2 c. Milk-8 oz.
22 Grilled Chicken Parmigiana-4 oz Sliced Carrots-1 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	23 All Beef Hamburger on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	24 Cheese quesadillas any side is fine Milk-8 oz.	25 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Celery Sticks w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	26 Baked Ziti-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Mixed Fruit Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.
29 W/G Chicken Fingers-3 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	30 Beef Salisbury Steak with Gravy-3 oz. Seasoned Diced Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.			

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