

November 2021

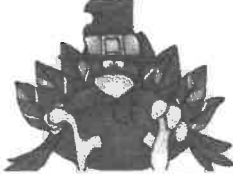
Monday November 1, 2021	Tuesday November 2, 2021	Wednesday November 3, 2021	Thursday November 4, 2021	Friday November 5, 2021
BREAKFAST: Oatmeal (1/2c) Pineapple (1/2c)	BREAKFAST: Bagels (1 each) Pears (1/2 c.)	BREAKFAST: Muffins (1 ea.) Peaches (1/2 c)	BREAKFAST: Yogurt (1 each) Applesauce (1/2c)	BREAKFAST: Pancakes (2 each) Pineapple (1/2c)
LUNCH: Beef Stew (8oz/10 oz) or Pizza Burger (2oz) Buttered Noodles (1/2c) WK Corn (1/4c / 1/2c) Fresh Veggie Tray (1/2 c) Pineapple (1/2c) Pudding (1 each)	LUNCH: Tomato or Chicken Soup Hot Dog (2oz) Toasted Cheese (1 each) Hash Browns (1/2c) Veggie Beans (1/2 c) Fresh Veggie Tray (1/2c) Crackers (2pk) Pears (1/2 c.)	LUNCH: Mini Corn Dogs (5) or Chicken Fried Steak (1) Mashed Potatoes (1/2c) or Rice (1/2c) Broccoli (1/2c) Cauliflower (1/2 c) Peaches (1/2 c)	LUNCH: Chicken Nuggets (2oz) or Brat (2 oz.) Baked Potatoes (1/2c.) Or Scallop Potatoes (1/2 c) Green Beans (1/4c / 1/2c) Fresh Veggie Tray (1/2c) Applesauce (1/2c)	LUNCH: Pizza Dippers (2oz) or Pulled Pork (2oz) AuGratin Potatoes (1/2c) Fresh Veggie Tray (1/2 c) Dk. Gr Lettuce Salad (1/2 c) Marinara Sauce (1/4c) Pineapple (1/2c)

Monday November 8, 2021	Tuesday November 9, 2021	Wednesday November 10, 2021	Thursday November 11, 2021	Friday November 12, 2021
BREAKFAST: Oatmeal Bake (1/2c) Pears (1/2 c.)	BREAKFAST: Muffins (1 each) Mixed Fruit (1/2 c)	BREAKFAST: Ham, Egg & Cheese on Bake Peaches (1/2c)	BREAKFAST: Yogurt (1 each) Pineapple (1/2 C)	BREAKFAST: Waffles (1 each) Applesauce (1/2 c)
LUNCH: Hot Dog (2oz) or Hamburger (2oz) WG Buns (1) Mac & Cheese (1/2c-3/4c) Veggie Beans (1/2 c) Fresh Veggie Tray (1/4 c) Pears (1/2 c.)	LUNCH: Chicken Wrap (1;2) or Deli Turkey Sand. (3.4oz) Nacho(1oz. Chip/cheese) Refried Beans (1/4 c) WK Corn (1/4c / 1/2c) Lettuce: Romaine/iceberg Shred Cheese 1/2oz Mixed Fruit (1/2 c)	LUNCH: Ravioli (1 cup) or Deli Ham Sand. (3.4oz) Breadsticks (1oz/2oz) Green Beans (1/4c / 1/2c) Dk. Gr Lettuce Salad (1/2 c) Fresh Veggie Tray (1/2c) Peaches (1/2c)	LUNCH: Meatballs or Deli Turkey Sandwich (3.4oz) WG Buns (1) Rice (1/2c0 or Mashed Potatoes (1/2c) Cauliflower (1/2 c) or Broccoli (1/2c) Pineapple (1/2 C)	LUNCH: Fish Sticks (2oz) or Pulled Pork (2oz) Wedge Fries (1/2c) Cabbage Salad (1/4c) Fresh Veggie Tray (1/2 c) Applesauce (1/2 c)

LENA PUBLIC SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
ALL MENUS ARE SUBJECT TO CHANGE AT ANY TIME.

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Monday November 15, 2021	Tuesday November 16, 2021	Wednesday November 17, 2021	Thursday November 18, 2021	Friday November 19, 2021
BREAKFAST: Egg, Ham & Cheese Muffin (1/2) Pears (1/2 c.)	BREAKFAST: Bagels (1 each) Pineapple (1/2c)	BREAKFAST: Muffins (1 each) Applesauce (1/2 c)	BREAKFAST: Yogurt Parfaits (1 each) Peaches (1/2 c)	BREAKFAST: Fr. Toast Sticks (4 each) Strawberries (1/2c)
LUNCH: Quesadilla (1each) or Grilled Chicken Sand. (2 oz) Spanish Rice (1/2c) WK Corn (1/4c / 1/2 c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Pears (1/2 c.)	LUNCH: Turkey (2oz) or Ham (2oz) Mashed Potatoes (1/2c) Sweet Potatoes (1/2c) Stuffing (1/2c) Green Beans (1/4c / 1/2c) Dinner Rolls (1each) Pineapple (1/2c) Pumpkin Dessert (1each)	LUNCH: Chili (8oz/10oz) or Hot Dog (2oz) French Fries (1/4c /1/2c) Dk. Gr. Lettuce Salad (1/4c) Shredded Cheese (1/2oz) Fresh Veggie Tray (1/4 c) Applesauce (1/2 c)	LUNCH: Chicken Patty (2oz) or Hamburger (2oz) Buttered Noodles (1/2c / 1c) Cottage Cheese (1/4c) Fresh Veggie Tray (1/2 c) Peaches (1/2 c)	LUNCH: Pizza (1 slice) or Assorted Sandwiches (1 each) Hash Browns (1/2 c) Veggie Beans (1/2 c) Dk. Gr Lettuce Salad (1/2 c) Fresh Veggie Tray (1/2 c) Strawberries (1/2c) Mixed Berries (1/2c)

Monday November 22, 2021	Tuesday November 23, 2021	Wednesday November 24, 2021	Thursday November 25, 2021	Friday November 26, 2021
BREAKFAST: NO SCHOOL	BREAKFAST: NO SCHOOL	BREAKFAST: NO SCHOOL	HAPPY THANKSGIVING	BREAKFAST: NO SCHOOL
LUNCH: NO SCHOOL	LUNCH: NO SCHOOL	LUNCH: NO SCHOOL		LUNCH: NO SCHOOL

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