

# NOVEMBER 2021

## LUNCH



**SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED.**



**November is National Peanut Butter Lovers Month.** Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

### MONDAY

Fajita Chicken Soup  
Tortilla Chips  
Carrot Sticks w/ Ranch

1

### TUESDAY

Chicken Sandwich  
Baked Potato  
Lettuce Bowl  
Vegetable

2

### WEDNESDAY

**National Sandwich Day**  
BBQ Sandwich  
Chips  
Baked Beans  
Cauliflower w/ Ranch

3

### THURSDAY

Chicken Noodles  
Peas & Carrots  
Fresh Broccoli w/ Ranch  
Roll

4

### FRIDAY

Burrito  
Corn  
Black Beans  
Lettuce Bowl

5

### THANKSGIVING LUNCH

Sliced Turkey  
Mash Potatoes  
Green Beans  
Roll, Dessert

8

Hamburger  
Baked Potato  
Lettuce/Tomato Bowl  
Vegetable

9

Fajita Salad  
Tortilla Chips  
Lettuce Bowl  
Corn

10

**Veterans Day**  
Cherry Blossom Chicken  
Fried Rice  
Green Beans

11

Shrimp Poppers  
Cheese Grits  
Baked Beans  
Carrot Sticks w/ Ranch

12

Italian Cheesy Breadstick  
Side Salad w/ Ranch  
Peas & Carrots

15

Chicken Sandwich  
Baked Potato  
Lettuce Bowl  
Vegetable

16

Pizza  
Corn  
Fresh Broccoli w/ Ranch

17

Ham & Cheese Hot Pocket  
Green Beans  
Side Salad w/ Ranch

18

Cheesy Chicken  
Tortilla Chips  
Black Beans  
Corn

19

### THANKSGIVING BREAK

22

### THANKSGIVING BREAK

23

### THANKSGIVING BREAK

24

### THANKSGIVING BREAK

25

### THANKSGIVING BREAK

26

Chicken Nuggets  
Mash Potatoes  
Green Beans  
Roll

29

Hamburger  
Baked Potato  
Lettuce/Tomato Bowl  
Vegetable

29





# NOVEMBER 2021

## BONIFAY K – 8

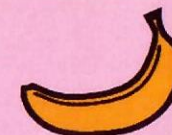
### BREAKFAST



**SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED.**



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



### MONDAY

Assorted Pop Tart  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

1

### TUESDAY

Egg Biscuit  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

2

### WEDNESDAY

**National Sandwich  
Day**  
Pancake Sandwich  
Assorted Cereal

3

### THURSDAY

Pancake Pup  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

4

### FRIDAY

Cinnamon Rolls  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

5

Belgium Waffle  
Assorted Pop Tart  
Orange Juice  
Fruit  
Milk

8

Apple Cinnamon Toast  
Assorted Pop Tart  
Orange Juice  
Fruit  
Milk

9

Sausage Biscuit  
Assorted Pop Tart  
Orange Juice  
Fruit  
Milk

10

**Veterans Day**  
Chocolate Chip French Toast  
Assorted Pop Tart

11

Cinnamon Rolls  
Assorted Pop Tart  
Orange Juice  
Fruit  
Milk

12

Assorted Pop Tart  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

15

Egg Biscuit  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

16

Pancake Sandwich  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

17

Pancake Pup  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

18

Cinnamon Rolls  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

19

**THANKSGIVING BREAK** 22

**THANKSGIVING BREAK** 23

**THANKSGIVING BREAK** 24

**THANKSGIVING BREAK** 25

**THANKSGIVING BREAK** 26

Assorted Pop Tart  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

29

Egg Biscuit  
Assorted Cereal  
Orange Juice  
Fruit  
Milk

29

