

Breakfast K-1

NOVEMBER 2023

MON	TUE	WED	THU	FRI
		1 French Toast Cinnamon Raisin Bagel Butter Diced Peaches & 100% Grape Juice	2 Cinnamon Bun Honey Nut Cheerios Graham Crackers Applesauce & 100% Orange Juice	3 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
6 Cinnamon Crisp Bar Raisins Grape Juice	7 Breakfast Pizza Strawberry Yogurt Graham Crackers Diced Pineapple & Apple	8 Apple Frudel MG Cinnamon Flakes Diced Peaches & 100% Grape Juice	9 Waffles Plain Bagel Applesauce & 100% Orange Juice	10
13 Banana Muffin Raisins & Applesauce	14 Apple Frudel Strawberry Yogurt Graham Crackers Apple & Dices Pineapple	15 NEW Cinnamon Butter Honey Biscuit MG Frosted Flakes Diced Peaches & 100% Grape Juice	16 Pancakes RS Cinnamon Toast Crunch Graham Crackers Applesauce & 100% Orange Juice	17 Cinnamon Crips Bar Raisins & 100% Grape Juice
20 Cherry Cocoa Bar Pear & Pineapple Juice	21 NEW Mini Sausage & Cheese Flatbread Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	22 French Toast Honey Cheerios Graham Crackers Diced Peaches & 100% Grape Juice	23	24
27 MultiGrain Cheerios Graham Crackers Raisins & AppleSauce	28 Pancakes Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	29 French Toast Cinnamon Raisin Bagel Butter Diced Peaches & 100% Grape Juice	30 Cinnamon Bun Honey Cheerios Graham Crackers Applesauce & 100% Orange Juice	



Snack Menu

NOVEMBER 2023

MON	TUE	WED	THU	FRI
		1 WG Graham Crackers Strawberry Yogurt	2 WG Pretzels Cheese Stick	3 WG Corn Muffin 100% Orange Juice
6 Roasted Sunflower Seeds 100% Fruit Juice	7 WG Cheez-its Baby Carrots w/ Ranch	8 WG Sunchips 100% Orange Juice	9 String Cheese Fresh Large Apple	10
13 WG Pretzels 100% Orange Juice	14 WG Graham Crackers 100% Fruit Juice	15 WG Blueberry Muffin String Cheese	16 WG Quaker Chewy Bar Raspberry Yogurt	17 WG Tostitos 100% Apple Juice
20 WG Cheez-its 100% Fruit Juice	21 WG Cool Ranch Dotitos Roasted Sunflower Seeds	22 WG Graham Crackers 100% Apple Juice	23	24
27 WG Banana Muffin 100% Orange Juice	28 WG Cheetos Baked 100% Fruit Juice	29 WG Graham Crackers Strawberry Yogurt	30 WG Pretzels Cheese Stick	



South Shore
Charter School



WHITSONS[®]
Culinary Group

Lunch K-1

NOVEMBER 2023

MON	TUE	WED	THU	FRI
		1 Turkey Hot Dog Spanish Rice with Cheese & Beans (WGR Breading) Roasted Potatoes Fresh Apple	2 Cheese Lasagna with Tomato Sauce Chicken Caesar Salad (Lasagna) Green Beans Fresh Banana	3 Cheese Pizza Chicken Breast Sandwich w/ Mayo (Pizza Dough) Baby Carrots w/ Ranch Dressing, Cranberries
6 Cheese Beef Burger with Ketchup Egg & Cheese Sandwich w. Ketchup (Whole Wheat Bun) Roasted Potatoes Fresh Orange	7 Fajita Chicken Spanish Rice w/ Cheese & Beans Brown Rice Black Beans & Tomatoes Fresh Orange	8 Beef Meatballs with Tomato Sauce & Parm Cheese Veggie Burger with Ketchup Spaghetti Broccoli, Fresh Apple	9 Crispy Cheesy Chicken & Biscuit Sandwich Cobb Salad (Pasta Ravioli) Green Beans Fresh Banana	10
13 Chicken Nuggets with Ketchup Falafel Bites (Whole Grain Breading) Baked Beans Fresh Orange	14 Homemade Macaroni & Cheese Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese (Macaroni) Broccoli, Fresh Pear	15 French Toast & Scrambled Eggs Chicken Tamale Roasted Sweet Potatoes Fresh Apple	16 Thanksgiving Meal Turkey with Gravy Veggie Burger Mashed Potatoes Fresh Banana	17 French Bread Cheese Pizza Egg Salad Sandwich Baby Carrots w/ Ranch Dressing Cranberries
20 Cheese Quesadilla with Sour Cream Beef Salisbury with Gravy Mexican Corn Salad Fresh Orange	21 BBQ Chicken Chickpea Marinara w/ Cheese Pasta Fresh Pear	22 Cheese Pizza Turkey & Cheese Sandwich Baby Carrots Apple	23	24
27 BBQ Beef Meatballs Pasta w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Broccoli Fresh Orange	28 Chicken Tenders Protein Pasta Alfredo (WW Bun) Baked Beans	29 Turkey Hot Dog Spanish Rice (WGR Breading) Baked Beans Fresh Apple	30 Cheese Lasagna w/ Tomato Sauce Chicken Caesar Salad (Lasagna) Green Beans Fresh Banana	

