

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



WG French Toast **1**  
Turkey Bacon  
100% Fruit Juice

WG Banana Muffin **2**  
Fresh Pineapple

WG Waffles **3**  
Turkey Breakfast  
Sausage  
Fresh Pears

WG Bagels **4**  
Cream Cheese  
Fresh Oranges

Assorted **7**  
Whole Grain Cereal  
Fresh Pears

WG Bagels **8**  
Cream Cheese  
Fresh Oranges

Fat Free Yogurt **9**  
Granola  
Fresh Apples

WG Pancakes **10**  
Turkey Bacon  
100% Fruit Juice

**NO SCHOOL**  
**VETERAN'S DAY**

Assorted **14**  
Whole Grain Cereal  
Fresh Pears

WG Bagels **15**  
Cream Cheese  
Apple Sauce

WG Banana Muffin **16**  
100% Fruit Juice

Fat Free Yogurt **17**  
Granola  
Fresh Oranges

WG Waffles **18**  
Turkey Breakfast  
Sausage  
Fruit Salad

Assorted **21**  
Whole Grain Cereal  
Fresh Oranges

WG Bagels **22**  
Cream Cheese  
Fresh Pears

**NO SCHOOL**  
**THANKSGIVING BREAK**

**NO SCHOOL**  
**THANKSGIVING BREAK**

**NO SCHOOL**  
**THANKSGIVING BREAK**

Assorted **28**  
Whole Grain Cereal  
Fresh Pears

WG Pancakes **29**  
Turkey Sausage Patty  
Fresh Cantaloupe

WG Blueberry Muffin **30**  
Fresh Tangerines



- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**7**  
WG Chicken Drumsticks  
Whole Grain Roll  
Sweet Potatoes  
Apple Sauce

**14**  
Meatloaf  
Whole Grain Roll  
Mashed Potatoes, Green Beans & Gravy  
Apples

**21**  
Beef Hot Dog  
WG Hot Dog Roll  
Baked Beans  
Apples

**28**  
Cheeseburger  
On WG Hamburger Bun  
Potato Fries  
Oranges

**1**  
Spanish Rice  
With Chicken  
Green Beans  
Bananas

**8**  
Chicken Tacos  
Taco Shells  
Black Beans  
Bananas

**15**  
Spaghetti & Chicken  
Broccoli  
Bananas

**22**  
Roasted Turkey  
Gravy, Mashed Potatoes  
Green Beans  
WG Roll  
Bananas

**29**  
Chicken Patty Sandwich  
Baked Beans  
Bananas

**2**  
Spaghetti & Meatballs  
Carrots  
Fresh Oranges

**9**  
Salisbury Steak  
Brown Rice  
Broccoli  
Oranges

**16**  
Turkey Sausage  
Jambalaya  
Carrots  
Pears

**23**  
**NO SCHOOL**  
**THANKSGIVING BREAK**

**30**  
Cheese Pizza  
Broccoli  
Pears

**3**  
Cheese Quesadilla  
Baked Beans  
100% Fruit Juice

**10**  
Macaroni & Cheese  
Green Beans & Corn  
Pears

**17**  
Beef Tacos  
Taco Shells  
Corn  
Apple Sauce

**24**  
**NO SCHOOL**  
**THANKSGIVING BREAK**

**4**  
Turkey Bologna & Cheese Sandwich  
Romaine Lettuce & Tomato Salad  
Apple Sauce

**11**  
**NO SCHOOL**  
**VETERAN'S DAY**

**18**  
Chicken Patty Sandwich  
Baked Beans  
Orange

**25**  
**NO SCHOOL**  
**THANKSGIVING BREAK**



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*This institution is an equal opportunity provider*

# NOVEMBER 2022 VEGETARIAN MENU

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY  
THANKSGIVING

7  
Vegetarian Patty  
Whole Grain Roll  
Sweet Potatoes  
Apple Sauce

1  
Spanish Rice with  
Tofu  
Green Beans  
Bananas

8  
Vegetarian Meat Taco  
Taco Shells  
Black Beans  
Bananas

2  
Vegetarian  
Spaghetti  
Carrots  
Fresh Oranges

9  
Rice and Beans  
Broccoli  
Oranges

3  
Cheese Quesadilla  
Baked Beans  
100% Fruit Juice

10  
Macaroni & Cheese  
Green Beans & Corn  
Pears

4  
SunButter & Jelly  
Sandwich  
Romaine Lettuce & Tomato  
Salad  
Apple Sauce

11  
**NO SCHOOL**  
**VETERAN'S DAY**

14  
Vegetarian Patty  
Whole Grain Roll  
Mashed Potatoes, Green  
Beans & Gravy  
Apples

15  
Vegetarian  
Spaghetti  
Broccoli  
Bananas

16  
Vegetarian Meat  
Jambalaya  
Carrots  
Pears

17  
Vegetarian Meat Taco  
Taco Shells  
Corn  
Apple Sauce

18  
Black Bean Patty  
Sandwich  
Baked Beans  
Orange

21  
Cheese Quesadilla  
Baked Beans  
Apples

22  
Vegetarian Patty  
Mashed Potatoes  
Green Beans  
WG Roll  
Bananas

23  
**NO SCHOOL**  
**THANKSGIVING BREAK**

24  
**NO SCHOOL**  
**THANKSGIVING BREAK**

25  
**NO SCHOOL**  
**THANKSGIVING BREAK**

28  
Vegetarian Patty  
On WG Hamburger Bun  
Potato Fries  
Oranges

29  
Tofu and Vegetable  
Sandwich  
Baked Beans  
Bananas

30  
Cheese Pizza  
Broccoli  
Pears

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