

Shakamak November 2021 Menu

	1	2	3	4
	B: Uncrustable, Fruit, Juice, Milk	B: Pumpkin Bread, Fruit, Juice, Milk	B: Cereal, Fruit, Juice, Milk	B: Apple /Cinnamon Muffin, Fruit/Juice, Milk
	L: General Tso's Chicken, Rice, Broccoli, Fresh Carrots, Fruit, Milk	L: French Toast, Sausage Links, Sweet Potato Fries, Fruit, Milk	L: Macaroni & Cheese w/Ham, Glazed Carrots, Green beans, Bread stick, Fruit, Milk	L: Hot Ham & Cheese, Au gratin Potatoes, Baked Beans, Fruit, Milk
7	8	9	10	11
B: Cereal Bar, Cheesestick, Fruit/Juice, Milk	B: Aple Frudel, Fruit/Juice, Milk	B: Waffles, Fruit/Juice, Milk	B: Cinni Minni, Fruit/Juice, Milk	B: Cereal, Fruit/Juice, Milk
L: Soft Taco, Cheese, Lettuce, Salsa, Refried beans, Green beans, Fruit, Milk	L: Chili Soup, 1/2 Peanut butter Sandwich, Fresh Carrots, Celery, Crackers, Fruit, Milk	L: Chicken Patty, Broccoli & Cheese, Sweet Potato Fries, Fruit, Milk	L: Chicken Fajita, Cheese, Lettuce, Salsa, Refried beans, Glazed Carrots, Fruit, Milk	L: Pizza, Salad w /Tomatoes, Corn, Fruit, Milk
14	15	16	17	18
B: Cereal, Fruit/Juice, Milk	B: Honey bun, Cheese stick, Fruit/Juice, Milk	B: Strawberry Bagel, Fruit/Juice, Milk	B: Muffin, Fruit/Juice, Milk	B: Yogurt, Scooby Snacks, Banana, Juice, Milk
L: Chicken Nuggets, Potatoes, Gravy, Green beans, Fruit, Milk	L: Hamburger or Cheese burger, French Fries, Baked beans, Fruit, Milk	L: Tenderloin Sandwich, Sweet Potato Fries, Cooked Mixed Vegetables, Fruit, Milk	L: Lasagna, Romaine Salad w/tomatoes, Green beans, Garlic Toast, Fruit, Milk	L: Chicken Alfredo, Romaine Salad, Glazed Carrots, Breadstick, Fruit, Milk
21	22	23	24	25
B: Cereal Bar, Cheese stick, Fruit/Juice, Milk	B: Cinni Minni, Fruit/Juice, Milk	No School - Thanksgiving Break		
L: Corndog, Green beans, Fresh Carrots, Fruit, Milk	L: Turkey Manhatten, Potatoes, Glazed Carrots, Hotroll, Fruit, Milk			
28	29	30		
B: Rice Krispie , Cheese Stick, Fruit/Juice, Milk	B: Muffin, Fruit/Juice, Milk	B: Cereal, Fruit, Juice, Milk		
L: Chicken Quesadilla, Queso Cheese, Green beans, Refried beans, Fruit, Milk	L: Chicken & Noodles, Potatoes, Glazed Carrots, Fruit, Milk	L: Sloppy Jo, Potato Wedges, Fresh Carrots, Fruit, Milk		