

T.L.A.November Menu 2021 MENU SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
B	Pancake(WG)Milk Raisins, Applesauce	French Toast(WG) Pears, Yogurt,Milk	Cheerios(WG)Milk Cheese Stick,Bananas	Kix(WG)Oranges Raisins, Milk	Bagel(WG), Bananas, Cheese, Milk
L	GrilledCheese(WG) Hash Brown, Pears Milk	Chicken Nuggets(WG) Corn Bread(WG),Milk Pineapple	Mac Cheese(WG)Mik Green Beans,Oranges,	Beef & Noodle(WG) Peas, Mango,Milk	Turkey On Whole Grain,Breads,(WG) Milk Carrots, apples ,
S	Rice Cakes(WG) Apples, Water	Graham Crackers(WG) Blueberry,Water	Animal Crackers(WG) Raspberries,Water	Wheat Crackers(WG) Cheese, Water	Cheez-it, (WG) Blueberry, Water
	8	9	10	11	12
B	Pancake(WG), Raisins, Applesauce, Milk	French Toast,(WG) Pears,yogurt, Milk	Cheerios,(WG) Bananas, Cheese Stick, Milk	Bagel,(WG) Pears,Cream Cheese, Milk	Kix Cereal, (WG)Bananas Milk, Raisins
L	Quesadilla, Black Beans, Mango Milk	Chicken & Rice,(WG) Green Beans, Oranges, Milk	Turkey Meatball,Broccoli, Crackers(WG), Peaches, Milk	Ground & Pasta(WG),Corn, Pears,Milk	Grilled Cheese(WG),, Hash Brown,Mango Milk
S	Sunchips(WG), Cheese Stick, Water	*Chee-it,(WG) Apples Water	Animal Crackers(WG) Blueberry, Water	Pretzel, (WG)Cheese Water	Graham Crackers,(WG) Raspberries, Water
	15	16	17	18	19
B	Waffles(WG) Peaches, Milk	Kix,(WG) Bananas, Milk	Bagel,(WG) Cream Cheese, Milk Pears	Cheerios(WG), Raisins Bananas, Milk	French Toast(WG), Pears Yogurt, Milk
L	Spaghetti (WG)W/ Ground BeefCarrots, Oranges, Milk	Chicken Nugget,(WG) Celery*Bread, Pineapple,Milk	Mac & Cheese(WG), Green Beans,Pineapple, Milk	Turkey, On Wheat(WG) Hash Brown, Oranges, Milk	Chicken & Waffles(WG) Hash Brown, Apples Milk
S	Animal Crackers, (WG)Raspberries, Water	Cheese & Crackers(WG) Water	Sunchip(WG) & Cheese Stick Water	Goldfish(WG), Apples Water	Sunchips,(WG) Water Mixed Fruit
	22	23	24	25	26
B	Cheerios(WG), String Cheese, Bananas Milk	Bagel(WG), Cream Cheese, Pears, Milk	Chex,(WG) Raisins, Pineapple,Milk		
L	Chicken Salad, Crackers(WG), Carrots,Mangos, Milk	Turkey On Wheat,(WG) Hash Brown, Pineapple, Milk	Chicken Nuggets,(WG) Broccoli,Peaches, Bread(WG), Milk		
S	Blueberry Water Doughnut(WG)	Animal Crackers(WG) Oranges, Water	Ritz(WG) & Cheese Water		
	29	30			
B	French Toast(WG)Pears Cheese Stick, Milk	Kix(WG), Bananas, Raisins Milk			

L	Spaghetti(WG),W/ Ground Beef Corn, Pineapple,Milk	Mac & Cheese(WG), Green Beans, Oranges, Milk			
S	Graham Crackers,(WG) Mixed Fruit,Water	Animal Crackers(WG) Apples, Water			