


November & December Supper 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>DAILY MILK CHOICES</u> 1% WHITE NON FAT CHOCOLATE	1) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) CHEESE STICK (1oz.) APPLE SLICES (1/2)	2) BENEFIT BAR WG (3oz) YOGURT (4oz) TRAIL MIX(1oz) JUICE (1/2 Cup)	3) ZUCCHINI BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	4) CEREAL WG (2 oz.) YOGURT (4oz) HARD BOILED EGG (2.5) FRUIT CUP(4oz)
7) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	8) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)	9) MUFFINS WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	10) BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	 THANK YOU !
14) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	15) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)	16) MUFFINS WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	17) BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	18) PB&J WG (2.6 oz.) YOGURT (4oz) FRUIT CUP (4oz)
28) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP(1/2 Cup)	29) NACHOS WG (2oz) NACHO CHEESE (1oz) SFSEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	30) DAVES MUFFIN WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP(1/2 Cup)	1) DECEMBER PUMPKIN BREAD WG (3oz) YOGURT (4oz) SF SEEDS (1oz) JUICE (1/2 Cup)	2) CEREAL WG (2 oz.) YOGURT (4oz) HARD BOILED EGG (2.5) FRUIT CUP(4oz)
5) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP(1/2 Cup)	6) NACHOS WG (2oz) NACHO CHEESE (1oz) SFSEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	7) DAVES MUFFIN WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP(1/2 Cup)	8) BROWN SUGAR CRUMB CAKE WG (3oz) YOGURT (4oz) SF SEEDS (1oz) JUICE (1/2 Cup)	9) BENEFIT BAR WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)
12) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP(1/2 Cup)	13) NACHOS WG (2oz) NACHO CHEESE (1oz) SFSEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	14) DAVES MUFFIN WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP(1/2 Cup)	15) BROWN SUGAR CRUMB CAKE WG (3oz) YOGURT (4oz) SF SEEDS (1oz) JUICE (1/2 Cup)	16) CEREAL WG (2 oz.) YOGURT (4oz) HARD BOILED EGG (2.5) FRUIT CUP(4oz)
19) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP(1/2 Cup)	20) NACHOS WG (2oz) NACHO CHEESE (1oz) SFSEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	21) BENEFIT BAR WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	22) BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	23) CEREAL WG (2 oz.) YOGURT (4oz) HARD BOILED EGG (2.5) FRUIT CUP(4oz)
VEGETABLES OFFERED WEEKLY ARE BROCCOLI CARROTS, CUCUMBER SLICES, RED BELL PEPPER SLICES GREEN GARDEN SALAD W BEETS, PEAS OR KIDNEY BEANS CELERY AND CAULIFLOWER				
	NO SCHOOL NOVEMBER 11 OR 21-25		NO SCHOOL DECEMBER 26-30	

