



# SUPER SNACK NOVEMBER MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Simply Chex WG (1g) ½ c Hummus Apple (.5c) Celery Sticks/Ranch (.5c) 1% White Milk	2 UBR Round WG (2g) 2 Cheese Stick (2m) Craisins (.25c) Celery Sticks (.5c)/Ranch 1% White Milk	3 ½ WG Bagel (2g) 2oz Mozzarella (2m) Mandarin Orgs (.25c) Marinara Sauce (.5c) 1% White Milk
6 Goldfish WG (1g) 2 Cheese Stick (2m) ¼ c Pears (.25) ½ c Baby Carrots 1% White Milk	7 WG Pretzels (1g) ½ c Hummus (2m) 1 Raisin Box (.25) .5 c Cucumber Slices 1% White Milk	8 Asst Muffin (1g) 2 Cheese Stick (2m) 100% Fruit Juice (4oz) 1/2c Baby Carrots/Ranch 1% White Milk	9 WG Cheese Stuffed Breadstick (2m/1g) Grapes (.25c) Marinara Sauces (.5c) 1% White Milk	10  Veterans Day <u>No School</u>
13 Turkey & Cheese Pinwheel WG (2m/2g) Orange Slices (.25 c) ½ c Baby Carrots/Ranch 1% White Milk	14 Goldfish WG (1g) Chicken Salad (2m) Apple (.5c) Celery Sticks/Ranch (.5c) 1% White Milk	15 Pretzels WG (1g) 3oz Ham Roll-ups (2m) 100% Fruit Juice ½ c Cucumber Slices 1% White Milk	16 2 pkgs WG Graham Crackers WG (1g) 2 Cheese Stick (2m) Pears (.25c) Celery Sticks/Ranch (.5c) 1% White Milk	17 ½ WG Bagel (2g) 2oz Mozzarella (2m) Mandarin Orgs (.25c) Marinara Sauce (.5c) 1% White Milk
20	21	22	23	24
<h1>Thanksgiving Break</h1>				
27 Banana Bread (2 g) 2 Cheese Stick (2m) 100% Fruit Juice (4oz) ½ c Baby Carrots/Ranch 1% White Milk	28 Cheez Its WG (1g) 3 oz Ham Roll-ups (2m) 100% Fruit Juice (4oz) Tomato Wedge (.5c) 1% White Milk	29 Simply Chex WG (1g) ½ c Hummus Apple (.5c) Celery Sticks/Ranch (.5c) 1% White Milk	30 UBR Round WG (2g) 2 Cheese Stick (2m) Craisins (.25c) Celery Sticks (.5c)/Ranch 1% White Milk	

Menu subject to change

This institution is an equal  
opportunity provider