

November 1 - November 30

BADR School
Lunch

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fingers-3/4 c. Green Beans-3/4 c. Whole Grain Bread Pineapple Cup-1/2 c. Milk-8 oz.	2 Meatballs w/ Sauce on a Whole Grain Sub Roll-1 Sliced Carrots-1 c. Fresh Banana-1 Milk-8 oz.	3 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Apple-1 Milk-8 oz.	4 Cheese Lasagna with No Meat Sauce-4 oz. Broccoli Florets-3/4 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
7 Grilled Chicken Parmigiana-4 oz. Green Beans-3/4 c. Mixed Fruit Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.	8 All Beef Hamburger on a Whole Wheat Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	9 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Diced Peach Cup-1/2 c. Milk-8 oz.	10 Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Banana-1 Milk-8 oz.	11 school closed
14 Breaded Chicken Fillet on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	15 Meatballs with Sauce on a W/G Sub Roll-1 Diced Carrots-1 c. Fresh Apple-1 Milk-8 oz.	16 Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	17 sub sandwich salami and cheese Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Diced Peach Cup-1/2 c. Milk-8 oz.	18 Cheese Ravioli with No Meat Sauce-4 oz. Broccoli Florets-3/4 c. Whole Grain Bread Diced Peach Cup-1/2 c. Milk-8 oz.
21 Chicken Fingers-3 Corn-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	22 Beef Nachos with Cheddar Cheese Sauce-6 oz. Fresh Baby Carrots w/ Dip-1 c. W/G Tortilla Scoops-1 oz. Applesauce Cup-1/2 c. Milk-8 oz.	23 W/G Popcorn Chicken-3.8 oz. Vegetarian Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	24 sunflower butter and jelly sandwich potato salad	25 Baked Ziti-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
28 W/G Chicken Nuggets-4 Diced Carrots-1 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	29 BREAKFAST FOR LUNCH French Toast Sticks w/ Syrup-3 hashbrowns Celery Sticks w/ Dip-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	30 beef Tacos with Shredded Cheddar Cheese on a W/G 6" Hard Taco Shell-2 Black Beans-3/4 c. Fresh Banana-1 Milk-8 oz.		

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	1	2	3	4
	Fresh Orange-1 W/G Honey Scooters Cereal-1 oz. W/G Chocolate Bear Grahams-2 Milk-8 oz.	Applesauce Cup-1/2 c. W/G Croissant with Margarine-1 Milk-8 oz.	Fresh Pear-1 W/G Superdonut-2.2 oz. Milk-8 oz.	Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Cranberry Muffin-2 oz. Milk-8 oz.
7	8	9	10	11
Fresh Apple-1 W/G Frosted Flakes Cereal - 1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.	Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. W/G Cinn. Toasters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	Fresh Apple-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	school closed
14	15	16	17	18
Fresh Apple-1 W/G Corn Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	100% Fruit Punch-4 oz. raisin bread, butter W/G Vanilla Bear Grahams-2 Milk-8 oz.	Fresh Pear-1 W/G Plain Bagel with Cream Cheese-1 oz. Milk-8 oz.	Peach Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Superdonut-2 oz. Milk-8 oz.	Fresh Orange-1 Multi Grain Cheerios Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
21	22	23	24	25
Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. W/G Fruit Loops Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Fresh Apple-1 W/G Frosted Flakes Cereal - 1 oz. W/G Strawberry Muffin-2 oz. Milk-8 oz.	Fresh Orange-1 W/G Croissant with Margarine-1 Milk-8 oz.	bagel with cream cheese orange	Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
28	29	30		
Fresh Apple-1 W/G Trix Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.		