BADR Lunch

November 2 - November 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 W/G Mini Cheese Quesadillas -3 Plantains -1/2c Watermelon Craisins -1/2c Milk - 8oz	**3** W/G Macaroni & Cheese -6oz Mixed Vegetables - 3/4c Diced Peach Cup - 1/2c Wheat Dinner Roll - 1 Milk - 8oz	**4** Beef Tacos w/ Shredded Cheddar Cheese on W/G Flour Tortillas -2 Vegetarian Beans -3/4c Fresh Pear-1 Milk -8oz	**5** W/G Chicken Fries -8 Sweet Potato Fries - 1c Fresh Banana-1 Whole Grain Bread -1 Milk -8oz	**6** Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
9 BBQ Grilled Chicken Fillet on Wheat Bun-1 Seasoned Diced Potatoes3/4c Fruit Punch Craisins-1/2c Milk - 8oz	**10** All Beef Hamburger on Wheat Hamburger Bun - 1 Sweet Potato Fries- 1c Fresh Apple-1 Milk - 8oz	**11** Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Pear-1 Milk -8oz	**12** **BREAKFAST FOR LUNCH** French Toast Sticks-3 w/Syrup Turkey Sausage Patty-2oz Black Bean & Corn Salad - 3/4c Fresh Banana-1 Milk - 8oz	**13** Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
16 W/G Macaroni & Cheese -6oz Mixed Vegetables - 3/4c Diced Peach Cup - 1/2c Wheat Dinner Roll - 1 Milk - 8oz	**17** W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-3/4c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	**18** Beef Meatballs Parmigiana on Wheat Sub - 1 Diced Carrots -1c Fresh Pear-1 Milk -8oz	**19** Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Celery Sticks w/ Dip- 3/4c Fresh Banana-1 Milk - 8oz	**20** Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
23 W/G Chicken Fingers -3 Vegetarian Beans - 3/4c Whole Grain Bread -1 Watermelon Craisins - 1/2c Milk - 8oz	**24** W/G Cheese Ravioli w/ Spaghetti Sauce -3oz Corn - 3/4c Whole Grain Bread - 1 Fresh Apple-1 Milk - 8oz	**25** All Beef Italian Wheat Sub-1 (Beef Bologna, Beef Salami, & American Cheese Sub) Celery Sticks -3/4c w/ Dip Fresh Pear-1 Milk-8oz	**26** sunflower butter and jelly milk	**27** Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
30 W/G Breaded Chicken Patty on Wheat Bun -1 Vegetarian Beans - 3/4c Cherry Craisins - 1/2c Milk - 8oz				

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		Spaghetti & Turkey Meatballs-5 oz. Peas-1/2 c. Banana-1 Italian Bread-1 Milk-8 oz.	Turkey & Cheese Sub-3 oz. Fresh Baby Carrots-1/2 c. Apple-1 Potato Chips-1/2 oz. Milk-8 oz.	Cheese Pizza w/ Extra Cheese-5 oz. Tossed Salad w/Dressing-1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
2 Applesauce Cup -1/2c 100% OJ/Tang. Juice -4oz W/G Apple Jacks Cereal-1oz W/G Chat Snacks -1 Milk-8 oz.	**3** Strawberry Applesauce Cup - 1/2c 100% Apple Juice -4oz bagel with cream cheese Milk-8 oz.	**4** Mixed Fruit Cup - 1/2c 100% Strawberry-Kiwi Juice-4oz W/G Trix Cereal -1oz W/G Blueberry Muffin -2oz Milk-8oz	**5** Peach Applesauce Cup -1/2c 100% Fruit Punch -4oz W/G Apple Cinnamon Poffitz Pancakes -1 Milk-8 oz.	**6** Fresh Pear-1 W/G Croissant w/ Jelly - 2.2oz Milk-8 oz.
9 Mixed Fruit Cup -1/2c 100% Fruit Punch -4oz W/G Corn Flakes Cereal-1oz W/G Scooby Snacks -1 Milk-8 oz.	**10** Fresh Orange-1 Multigrain Cheerios - 1oz. Apple Breakfast Bar - 1 Milk-8 oz.	**11** Pineapple Cup - 1/2c 100% Apple Juice-4oz W/G White Bagel with Cream Cheese -1 Milk-8oz	**12** Diced Pear Cup - 1/2c. 100% Fruit Punch-4oz W/G Poffitz Pancakes-1 Milk-8 oz.	**13** Peach Applesauce Cup -1/2c 100% Grape Juice - 4oz corn muffin Milk-8 oz.
16 Fresh Apple-1 W/G Fruit Loops Cereal -1oz. W/G Graham Crackers-3pk Milk-8 oz.	**17** Peach Applesauce Cup-1/2c 100% Fruit Punch-4 oz. W/G Lemon Bread Slice-1 Milk-8 oz.	**18** Applesauce Cup-1/2c 100% Apple Juice-4oz W/G Wheat Bagel w/ Butter -1 Milk-8oz	**19** Fresh Orange - 1 W/G Pull Apart Glazed Cluster-1 Milk-8 oz.	**20** Mixed Fruit Cup - 1/2c. 100% Apple Juice - 4oz W/G Superdonut - 1 Milk-8 oz.
23 Fresh Apple-1 W/G Frosted Flakes -1oz. W/G Graham Crackers-3pk Milk-8 oz.	**24** Applesauce Cup -1/2c 100% Orange Juice - 4oz. chocolate loaf Milk-8 oz.	**25** Pineapple Cup - 1/2c 100% Fruit Punch -4oz W/G Powdered Mini Donut Holes-1 Milk-8oz	**26** Applesauce Cup -1/2c 100% OJ/Tang. Juice -4oz W/G Apple Jacks Cereal-1oz W/G Chat Snacks -1 Milk-8 oz.	**27** Mixed Fruit Cup - 1/2c 100% Strawberry-Kiwi Juice-4oz W/G Trix Cereal -1oz W/G Blueberry Muffin -2oz Milk-8oz
30 Fresh Apple-1 W/G Trix Cereal -1oz W/G Apple Breakfast Bar-1 Milk-8 oz.				