ALPHA CHARTER OF EXCELLENCE

November

nutrispa™
Say yes to delicious meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/02 **BREAKFAST:** *Fruit & Juice* *Cereal* *Milk* **LUNCH:** *Chicken Nuggets w/ ketchup* *Mashed Potatoes* *Garbanzo Soup* *Bread Roll* *Juice and Milk*	**11/03** 	**11/04** **BREAKFAST:** *Fruit & Juice* *Turkey Ham* *Sliced Bread & Milk* **LUNCH:** *Cranberry Roasted Chicken* *Brown Rice* *Roasted Squash* *Fruit & Milk*	**11/05** **BREAKFAST:** *Fruit* *Croissant w/butter* *Milk* **LUNCH:** *Chicken Bowtie in a Pink Sauce* *Bread Roll* *Mixed Green Salad w/ Dressing* *Juice and Milk*	**11/06** **BREAKFAST:** *Fruit and Juice* *Pancake w/ syrup* *Milk* **LUNCH:** *Pizza* *Steamed Carrots* *Fruit and Milk*
11/09 **BREAKFAST:** Fruit & Juice Cereal Milk **LUNCH:** Chicken Tenders Brown Rice Lentil Soup Juice Milk	**11/10** **BREAKFAST:** Fruit & Juice Bagel w/ cream cheese and Milk **LUNCH:** Boliche Mashed Potatoes Corn Bread Roll Fruit Milk	**11/11** 	**11/12** **BREAKFAST:** Fruit & Juice Pancake w/ syrup Milk **LUNCH:** Our Famous Meatballs Marinara Sub Bun Broccoli Juice and Milk	**11/13** **BREAKFAST:** Fruit Scrambled Egg Sliced Bread Milk **LUNCH:** Pizza Steam Carrots Fruit and Milk






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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/16 **BREAKFAST:** Fruit & Juice Cereal And Milk **LUNCH:** Chicken Sandwich w/ Sliced Bun Steam Carrots Juice and Milk	**11/17** **BREAKFAST:** Fruit & Juice Cinnamon Bread w/ Butter Milk **LUNCH:.** Pulled Chicken Crunchy Taco Sour Cream Taco Black Beans Shredded Lettuce Fruit and Milk	**11/18** **BREAKFAST:** Fruit & Juice Pancake w/ syrup Milk **LUNCH:** Turkey Au Jus Sweet Mashed Potatoes Green Beans Cornbread Fruit Milk	**11/19** **BREAKFAST:** Fruit & Juice Cheese Slice Sliced Bread w/ butter Milk **LUNCH:** Corn Dog Roasted Potato Fries Salad w/dressing Juice and Milk	**11/20** **BREAKFAST:** Fruit Bread w/ Butter Egg Patty Milk **LUNCH:** Pizza Corn Fruit and Milk
11/23	**11/24** 	**11/25**	**11/26** 	**11/27** 
11/30 ***BREAKFAST:*** *Fruit & Juice* *Cereal* *Milk* ***LUNCH:*** *Chicken Nuggets w/ ketchup* *Mashed Potatoes* *Garbanzo Soup* *Bread Roll* *Juice and Milk*				






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