

## NOVEMBER-DECEMBER 4-week cycle SISD Menu 2023

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<p><b>20 Breakfast</b> Yogurt-parfait with granola and peaches, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Sloppy joe sandwich, baked beans, tomatoes, fresh apples/grapes</p>	<p><b>21 Breakfast</b> Cheese stuffed breadsticks WG, pears, orange juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Turkey with gravy, dinner roll, mashed potatoes, strawberry/spinach salad, applesauce, grape juice, apple/pumpkin pie</p>	<p><b>22 HOLIDAY</b></p>	<p><b>23 HOLIDAY</b></p>
<p><b>27 Breakfast</b> Yogurt, muffin WG, mixed fruit, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken drumstick, brown rice, celery, carrots, black beans, strawberry cup, grape juice</p>	<p><b>28 Breakfast</b> Breakfast wrap WG (egg, cheese, sausage), hashbrowns, orange juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Spaghetti and meat sauce, celery, broccoli, lettuce, cucumber, canned pears, cranberry juice</p>	<p><b>29 Breakfast</b> Biscuits WG and gravy, applesauce, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Pizza WG, tomato and cucumber salad, carrots, fresh oranges, apple juice</p>	<p><b>30 Breakfast</b> Turkey sausage, egg and cheese scramble bowl, toast WG, peaches, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Cheeseburger with beef patty, lettuce, tomatoes, corn, apricots, orange juice</p>
<p><b>4 Breakfast</b> French toast stick WG, yogurt, canned peaches, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>BBQ pork sandwich WG, coleslaw, mixed fruit, orange juice, fig bar</p>	<p><b>5 Breakfast</b> Dutch waffle WG, fresh apples, orange juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Teriyaki chicken, fried brown rice, eggroll, garden salad with spinach, tomatoes, strawberry cup, cranberry juice</p>	<p><b>6 Breakfast</b> Breakfast Birthday Cake with turkey sausage patty, pancake WG, strawberries, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Grilled cheese sandwich, tomato soup, corn, canned pears, apple juice</p>	<p><b>7 Breakfast</b> Cereal WG, pineapples, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Beefy Nachos Grande with tortilla chips WG, refried beans, celery, carrots, applesauce, grape juice</p>
<p><b>11 Breakfast</b> Oatmeal cup, muffin WG, pineapples, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chili, corn bread WG, veggie stir-fry with brown rice and beans, fresh orange, cranberry juice, sour cream</p>	<p><b>12 Breakfast</b> Maple Baked French Toast Squares, canned pears, apple juice.</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken nuggets, dinner roll, French fries, tomatoes, lettuce, apples, orange juice</p>	<p><b>13 Breakfast</b> Cheesy turkey sausage links, tater tot bowl, waffle WG, applesauce</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Bean/cheese burrito, cheesy broccoli, cucumber, carrots, mixed fruit, apple juice, fig bar</p>	<p><b>14 Breakfast</b> English muffin WG with egg patty, cheese, strawberry cup, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken with alfredo sauce, spaghetti, cut green beans, celery with PB, peaches, grape juice</p>

**Two choices of milk are provided with every meal, at least 80% of grains are whole grain (WG) rich.**