

**FRATELLOS - November, 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>11/1/2022</b> mostociolli  meatballs, wheat bread  mandarin oranges 1/2 cup, 8 oz skim milk	<b>2-Nov</b> French toast  sausage hash browns peaches	<b>3-Nov</b> 1/2 turkey wrap - 2 ounces turkey, 1 1 sliced bread american cheese curly fries - 1/2 cup buttered carrots - 1/2 cup 1oz Wheat Bread, 8 oz skim milk	<b>4-Nov</b> pepperoni pizza garden salad tropical fruit- 1/2 Bread, 8 oz skim
<b>7-Nov</b> beef burger - 2 ounce bun  steak fries - 1/2 cup, 8 oz skim milk  cauliflower - 1/2 cup 1/2 cup applesauce	<b>8-Nov</b> chicken tacos spanish rice green beans - 1/2 cup, <b>8 oz skim milk</b>  1/2 cup pears	<b>9-Nov</b> cheese ravioli in red sauce  garden salad, vegetables, bread  1/2 cup banana	<b>10-Nov</b> Beef stew - 3 oz beef, 1oz Wheat Bread white rice - 1/2 cup stewed mixed vegetables - 1/2 cup tropical fruit - 1/2 cup 8 oz skim milk	<b>11-Nov</b> chicken nuggets broccoli - 1/2 cup mandarin orange cup 2oz Wheat Bread
<b>14-Nov</b> breaded chicken strips  tator tots - 1/2 cup buttered carrots - 1/2 cup 1/2 cup pineapple tidbits, bun	<b>15-Nov</b> cheese pizza garden salad  tropical fruit- 1/2 cup, 2 oz Wheat Bread, 8 oz skim milk 1/2 cup peaches 8 oz skim milk	<b>16-Nov</b> bbq meatballs  corn of the cob bun apple slices - 1/2 cup	<b>17-Nov</b> turkey cheese sub  mixed veggies 1/2 cup chips pears - 1/2 cup	<b>18-Nov</b> chicken teriyaki -  white rice 1/2 cup green beans 1/2 1/2 banana, 8 oz
<b>21-Nov</b> mac & cheese - 1 cup pasta plus 4 oz cheese sauce, 3 @ .67 peas and carrots - 1/2 cup, 8 oz skim milk  pears 1/2 cup,	<b>22-Nov</b> beef tacos spanish rice broccoli - 1/2 cup, 8 oz skim milk pineapples 1/2 cup,	<b>23-Nov</b> shredded BBQ chicken - 2 oz chicken, 2 oz bun  green beans 1/2 cup 1/2 banana, 8 oz skim milk	<b>24-Nov</b> <b>HAPPY THANKSGIVING</b>	<b>25-Nov</b> <b>HAPPY THANKS</b>
<b>28-Nov</b> bbq meatballs  garden salad, vegetable steak fries - 1/2 cup, 2 oz Wheat Bread	<b>29-Nov</b> turkey panini- 2 oz turkey, 2 ounce wheat bread, 1 oz american cheese 2oz Wheat Bread broccoli - 1/2 cup	<b>30-Nov</b> chicken teriyaki - 2 oz chicken  white rice 1/2 cup, 1 oz wheat bread green beans 1/2 cup		

mandarin oranges 1/2 cup, 8 oz  
skim milk

pears 1/2 cup, 8 oz skim milk

1/2 banana, 8 oz skim milk

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**Friday**

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cup, 2 oz Wheat  
milk

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- 4 ounce 6@ .67oz

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s - 1/2 cup

d, 8 oz skim milk

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2 oz chicken

, 1 oz wheat bread

cup

skim milk

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**5GIVING**

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