

FRATELLOS - November, 2022

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

Friday

cup, 2 oz Wheat
milk

- 4 ounce 6@ .67oz

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s - 1/2 cup

d, 8 oz skim milk

2 oz chicken

, 1 oz wheat bread

cup

skim milk

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