



Menu runs from 11/4 - 11/29

MPA November Menu 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 BRKFAST: 1 c milk WG Pancakes Chicken Breakfast Sausage Mixed Berries LUNCH: 1 c Milk Chicken Lo Mein W. Carrot Slims OR Chicken Salad Sandwich OR Caprese Salad Apple	5 BRKFAST: 1 c milk Ham Breakfast Burrito W/ Oranges LUNCH: 1 c Milk Meatball Grinder Served W. Bell Peppers OR Turkey & Swiss Sandwich OR Southwest Chicken Salad 1 Banana	6 BRKFAST: 1 c milk Cinnamon Raisin Bagel W. Cream Cheese OR Jelly 1 Tangerine LUNCH: 1 c milk 4 WG Chicken Nuggets OR Fish Sticks Slice of WG Bread 3/4 c. Tater Tots 1 Apple	7 BRKFAST: 1 c milk WG Bowlpak Cereal WG Muffin Banana LUNCH: 1 c milk Mr. B's Mac & Cheese Garlic Cheesy Bread 4 Bean Salad Orange	8 BRKFAST: 1 c milk Yogurt with Granola Bar 1 Banana LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni Mixed Green Salad Applesauce
11 BRKFAST: 1 c milk No School	12 BRKFAST: 1 c milk Bowlpak WG CEREAL WG Muffin 1/2 C. Applesauce LUNCH: 1 c milk Cheese Quesadilla W. Mexican Rice Sour Cream & Guacamole Served W. Bell Peppers 1 Orange	13 BRKFAST: 1 c milk Lowfat Yogurt Scooby Graham Crackers 1 Banana LUNCH: 1 c milk Chicken Patty Sandwich W.Corn OR Chicken Ceasar Wrap OR Greek Salad Pears	14 BRKFAST: 1 c milk Bagel Egg Sandwich w/ Sausage, Egg & Cheese Banana LUNCH: 1 c milk Chicken Noodle Soup W. Grilled Cheese Sandwich Served W. Carrots & Celery Oranges	15 BRKFAST: 1 c milk WG Cereal Bowlpak Lowfat Smoothie 1 Apple LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni Mixed Green Salad Banana
* Whole fruit may be subject to change due to seasonality*				
18 BRKFAST: 1 c milk WG Pancakes Berries LUNCH: 1 c milk 4 WG Chicken Nuggets OR Fish Sticks Slice of WG Bread 3/4 c. Tater Tots 1 Apple	19 BRKFAST: 1 c milk WG Chocolate Chip Muffin WG Cereal Mixed Fruit Cup LUNCH: 1 c milk Ham & Cheese Sandwich OR Turkey Sandwich Served W. Baby Carrots Ranch Dipping Sauce 1 Banana	20 BRKFAST: 1 c milk WG Cereal Bowlpak Lowfat Smoothie 1 Banana LUNCH: 1 c milk French Toast Sticks w. W.Sausage &Roasted Potatoes OR Chicken Ceasar Wrap OR Greek Salad Tangerine	21 BRKFAST: 1 c milk Bagel Egg Sandwich w/ Ham, Egg & Cheese Banana LUNCH: 1 c milk Rotini & Meatballs Served with Broccoli OR Ham & Chs Sandwich OR Garden Salad W. Chicken Applesauce	22 BKFAST: 1 c milk Banana Muffin Lowfat Cheese Stick 1 Tangerine LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni w.Mixed Greens Banana
*All milk is either fat-free or 1%		*All cereal is whole grain & low sugar		
25 BRKFAST: 1 c milk Pancake & Sausage on a stick! 1/2 C. Berries LUNCH: 1 c milk 4 WG Chicken Nuggets OR Fish Sticks Slice of WG Bread 3/4 c. Tater Tots 1 Apple	26 BRKFAST: 1 c milk WG Muffin Lowfat Smoothie Banana LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni w.Mixed Greens Apple	27 BRKFAST: 1 c milk Bowlpak WG CEREAL MPA Bake Shop 1/2 C. Mixed Fruit LUNCH: 1 c Milk MPA FEAST! 	28 BRKFAST: 1 c milk Thanksgiving Break!	29 BRKFAST: 1 c milk Thanksgiving Break!
WW Peanut Butter & Jelly Sandwich Served with fresh veggies and whole fruit	Yogurt Fun Lunch Lowfat Yogurt Served with WG Graham Cracker veggies & fruit	Cheese & Cracker Pack Lowfat Cheese Stick Served with fresh veggies and whole fruit	Hummus Pack Hummus Cup Served with WG crackers fresh veggies and whole fruit	

This institution is an equal opportunity provider.