SCHOOLHOUSE GRILL
School Meal Specialist

Open Arms

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS SHG is an equal opportunity provider.	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges	AM: Whole Grain Apple Breakfast Square 1 ea w/ Daily Fresh Fruit ½ c PM: Townhouse Crackers 4 ea w/ Mozzarella String Cheese ½ ea	AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Whole Grain Naan Bread 1 ea w/ Traditional Hummus 2 ts	AM: Mini Apple Cinnamon Muffin 1 ea w/ Daily Fresh Fruit ½ c PM: Buttery Ritz Crackers 4 ea w/ American Cheese Slice 1 ea
6	7	8	9	10
AM: Assorted Yogurt 2 oz w/ Graham Crackers 4 ea PM: Hawaiian Roll 1 ea w/ Daily Fresh Fruit ½ c	AM: Cinnamon Raisin Bread ½ ea w/ Apple Butter 2 ts PM: Goldfish Crackers ¼ c w/ Cucumbers 4 ea w/ Creamy Ranch Dip	AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	AM: Mini Banana Muffin 1 ea w/ Daily Fresh Fruit ½ c PM: Soft Whole Wheat Baked Pretzel ½ ea w/ American Cheese Slice 1 ea	AM: Whole Grain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Vanilla Wafers 4 ea w/ Sugar-Free Vanilla Pudding 1 ea
13	14	15	16	17
AM: Whole Grain Apple Breakfast Square 1 ea w/ Daily Fresh Fruit ½ c PM: Saltine Crackers 4 ea w/ Mild Cheddar Cheese Cubes 3 ea	AM: ⅓ c Toasted Oats Cereal w/ ½ c Milk PM: Townhouse Crackers 4 ea w/ Mozzarella String Cheese ½ ea	AM: Mini Blueberry Muffin 1 ea w/ Daily Fresh Fruit ½ c PM: Oyster Crackers ¼ c w/ Daily Fresh Fruit ½ c	AM: Cinnamon Swirl Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	AM: Assorted Yogurt 2 oz w/ Graham Crackers 4 ea PM: Whole Grain Apple Breakfast Square 1 ea w/ Daily Fresh Fruit ½ c
20	21	22	23	24
AM: ⅓ c Rice Crispies Cereal w/ ½ c Milk PM: Whole Grain Naan Bread 1 ea w/ Cucumbers 4 ea w/ Creamy Ranch Dip	AM: Mini Corn Muffin 1 ea w/ Daily Fresh Fruit ½ c PM: Buttery Ritz Crackers 4 ea w/ American Cheese Slice 1 ea	AM: Blueberry Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Goldfish Crackers ¼ c w/ Mozzarella String Cheese ½ ea	Thanksgiving Day Holiday	Thanksgiving Day Holiday
27	28	29	30	
AM: Mini Apple Cinnamon Muffin 1 ea w/ Daily Fresh Fruit ½ c PM: Oyster Crackers ¼ c w/ Daily Fresh Fruit ½ c	AM: Whole Grain Bagel ½ ea w/ Cream Cheese 2 oz ea PM: Soft Whole Wheat Baked Pretzel ½ ea w/ American Cheese Slice 1 ea	AM: Assorted Yogurt 2 oz w/ Graham Crackers 4 ea PM: Townhouse Crackers 4 ea w/ Mozzarella String Cheese ½ ea	AM: ⅓ c Corn Flakes Cereal w/ ½ c Milk PM: Animal Crackers 4 ea w/ Daily Fresh Fruit ½ c	