

# ELLIS NOVEMBER 2023 MENU



\* Meal and meal component substitutions made by iCater may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

\* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.

iCater

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Breakfast</b> –WW Bagel, Cream Cheese, Milk, Banana <b>Lunch</b> – <b>Deli Chicken Sandwich</b> Chilled peaches <b>Snack</b> – Goldfish crackers, yogurt <b>1</b>	<b>Breakfast</b> – Blueberry Muffin, Milk, Apple <b>Lunch</b> –Meatball Subs with Shredded Mozzarella, WW Sub Roll, Carrots/ Milk / Honeydew <b>Snack</b> – Cheez-its, apple <b>2</b>	<b>Breakfast</b> – Kix Cereal, Milk, Banana <b>Lunch</b> - Roast Turkey with Gravy, Sweet Potatoes and Mixed Vegetables, WW dinner roll, butter Milk / Orange <b>Snack</b> – Multi-grain sun chips, pineapple <b>3</b>
<b>Breakfast</b> – Blueberry Muffins, Milk, Orange <b>Lunch</b> –Chicken Parm WW Pasta Broccoli, Apple <b>Snack</b> – Cheese Stick, Graham Crackers <b>6</b>	<b>Breakfast</b> – Cheerios, Milk, Apple <b>Lunch</b> –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll, butter, Milk / Fruit <b>Snack</b> – Unsweetened Apple sauce and saltines <b>7</b>	<b>Breakfast</b> – WW Bagel, Cream Cheese, Milk, Banana <b>Lunch</b> –Tortellini Marinara, Mixed Vegetables, Braised white Beans, WW bread, butter, Milk / Chilled Pears <b>Snack</b> – Goldfish crackers, yogurt <b>8</b>	<b>Breakfast</b> – Apple Muffin, Milk, Apple <b>Lunch</b> – Cheeseburger, Cheese, WW Bun, Ketchup, Mixed Vegetables Milk / Cantaloupe <b>Snack</b> –Cheez-its, apple <b>9</b>	<b>PROFESSIONAL DEVELOPMENT</b> <b>10</b>
<b>Breakfast</b> – Apple Muffin, Milk, Orange <b>Lunch</b> – Breaded Chicken Sandwich, Mayo, WW Burger Bun, Broccoli, Milk / Honey Dew Melon <b>Snack</b> – Cheese Stick, Graham Crackers <b>13</b>	<b>Breakfast</b> – Cheerios, Milk, Apple <b>Lunch</b> –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll, butter Milk / Orange <b>Snack</b> -Unsweetened Apple sauce and saltines <b>14</b>	<b>Breakfast</b> – WW Bagel, Cream Cheese, Milk, Banana <b>Lunch</b> – Pancakes, Sausage Patty, Tater Tots, WW Bread Slice, butter, Milk, Apple <b>Snack</b> -Goldfish crackers, yogurt <b>15</b>	<b>Breakfast</b> – Blueberry Muffin, Milk, Apple <b>Lunch</b> –Chicken Nuggets w/ Sweet & Sour Dipping Sauce , Mixed Vegetables, WW Dinner Roll, butter, Milk / Mandarin <b>Snack</b> – Cheez-its, apple <b>16</b>	<b>Breakfast</b> – Kix Cereal, Milk, Banana <b>Lunch</b> – Cheese Ravioli and meatballs with marinara, Cali Gold Veg, WW Dinner Roll, Butter / Milk / Chilled Pears <b>Snack</b> -Multi-grain sun chips, pineapple <b>17</b>
<b>Breakfast</b> – Blueberry Muffin, Milk, Orange <b>Lunch</b> - Barbequed Chicken Sandwich, Green Beans, WW Bun Milk / Cantaloupe <b>Snack</b> – Cheese Stick, Graham Crackers <b>20</b>	<b>Breakfast</b> – Cheerios, Milk, Apple <b>Lunch</b> – Meat Lasagna, Mixed Broccoli, WW Bread Slice, w/Butter Milk /Chilled Peaches <b>Snack</b> – Unsweetened Apple sauce and saltines <b>21</b>	<b>Breakfast</b> – WW Bagel, Cream Cheese, Milk, Banana <b>Lunch</b> – Pancakes, Sausage Patty, Tater Tots, WW Bread Slice, butter, Milk, Apple <b>Snack</b> -Goldfish crackers, yogurt <b>22 – 3 PM CLOSURE</b>	<b>THANKSGIVING HOLIDAY</b> <b>23</b>	
<b>Breakfast</b> – Apple Muffin, Milk, Orange <b>Lunch</b> –Grilled Chicken w/Cream Sauce, Mashed Potatoes, Green Beans, WW Bread Slice w/Butter Milk / Chilled Mandarins <b>Snack</b> - Cheese Stick, Graham Crackers <b>24</b>	<b>Breakfast</b> – Cheerios, Milk, Apple <b>Lunch</b> – Meat Lasagna, Broccoli, WW Dinner Roll w/Butter Milk / Cantaloupe <b>Snack</b> –Unsweetened Apple sauce and saltines <b>28</b>	<b>Breakfast</b> –WW Bagel, Cream Cheese, Milk, Banana <b>Lunch</b> – <b>Deli Chicken Sandwich</b> Chilled peaches <b>Snack</b> – Goldfish crackers, yogurt <b>29</b>	<b>Breakfast</b> – Blueberry Muffin, Milk, Apple <b>Lunch</b> –Meatball Subs with Shredded Mozzarella, WW Sub Roll, Carrots/ Milk / Honeydew <b>Snack</b> – Cheez-its, apple <b>30</b>	