

ELLIS November 2022 MENU



iCater

Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast – Cheerios, Milk, Apple Lunch – Meat Lasagna w/ mixed vegetables Whole Wheat Dinner Roll w/Butter Milk / Cantaloupe Snack –Unsweetened Apple sauce and saltines 1	Breakfast –WW Bagel, Cream Cheese, Milk, Banana Lunch - Turkey & Cheese Sandwich , WW bread, Cucumber Salad, Chilled peaches Snack – Goldfish crackers, yogurt 2	Breakfast – Muffin, Milk, Apple Lunch –Meatball Subs with Shredded Mozzarella, Whole Wheat Sub Roll, Green beans/ Milk / Honeydew Snack – Cheez-its, apple 3	Breakfast – Kix Cereal, Milk, Banana Lunch - Roast Turkey with Gravy, Mashed Sweet Potatoes and Mixed Vegetables, WW dinner roll Milk / Orange Snack – Plain pita chips, orange 4
Breakfast – Corn flakes, Milk, Orange Lunch –Chicken Parm Whole Wheat Pasta San Fran Veg Milk /Apple Snack – Cheese Stick, Graham Crackers 7	Breakfast – Cheerios, Milk, Apple Lunch –Breaded Chicken Tenders with BBQ Dipping Sauce with Carrots and WW Dinner Roll Milk / Fruit Snack – Unsweetened Apple sauce and saltines 8	Breakfast – WW Bagel, Cream Cheese, Milk, Banana Lunch –Whole Grain Penne Pasta with Meat Sauce, Italian Green beans, Milk / Chilled Pears Snack – Goldfish crackers, yogurt 9	Breakfast – Muffin, Milk, Apple Lunch – Cheeseburger, Cheese, Whole Wheat Bun, Ketchup, Mixed Vegetables Milk / Cantaloupe Snack –Cheez-its, apple 10	Professional Development Day 11
Breakfast – Corn flakes, Milk, Orange Lunch – Breaded Chicken Sandwich, Mayo, WW Burger Bun and German Blend veg Milk / Honey Dew Melon Snack – Cheese Stick, Graham Crackers 14	Breakfast – Cheerios, Milk, Apple Lunch –Salisbury Steak with Gravy, Roasted Potatoes, Carrots, WW Dinner Roll Milk / Orange Snack -Unsweetened Apple sauce and saltines 15	Breakfast – WW Bagel, Cream Cheese, Milk, Banana Lunch – Pancakes, Sausage Links, Tater Tots, Whole Wheat Bread Slice, Apple Snack -Goldfish crackers, yogurt 16	Breakfast – Muffin, Milk, Apple Lunch –Chicken Nuggets w/ Sweet & Sour Dipping Sauce , Cali Gold Veg, WW Dinner Roll Milk / Mandarin Snack – Cheez-its, apple 17	Breakfast – Kix Cereal, Milk, Banana Lunch – Cheese Ravioli and meatballs with marinara, green Beans, WW Dinner Roll, Butter / Milk / Chilled Pears Snack -Plain pita chips, orange 18
Breakfast – Corn flakes, Milk, Orange Lunch - Barbequed Chicken Sandwich, Green Beans, WW Bun Milk / Cantaloupe Snack – Cheese Stick, Graham Crackers 21	Breakfast – Cheerios, Milk, Apple Lunch – Meat Lasagna, Mixed veg, Whole Wheat Bread Slice w/Butter Milk /Chilled Peaches Snack – Unsweetened Apple sauce and saltines 22	Breakfast – WW Bagel, Cream Cheese, Milk, Banana Lunch –Mac & Cheese, Popcorn Chicken, WW Roll and Garden Vegetables Milk / Honey Dew Snack – Goldfish crackers, yogurt 23	HAPPY THANKSGIVING	
Breakfast – Corn flakes, Milk, Orange Lunch –Grilled Chicken w/Cream Sauce, Mashed Potatoes, Green Beans, WW Bread Slice w/Butter Milk / Chilled Mandarins Snack - Cheese Stick, Graham	Breakfast – Cheerios, Milk, Apple Lunch – Meat Lasagna w/ mixed vegetables Whole Wheat Dinner Roll w/Butter Milk / Cantaloupe Snack –Unsweetened Apple sauce and saltines	Breakfast –WW Bagel, Cream Cheese, Milk, Banana Lunch - Turkey & Cheese Sandwich , WW bread, Cucumber Salad, Chilled peaches Snack – Goldfish crackers, yogurt		