



Nov Vegetarain Menu



	29..	30	31.	1. B: WW French Toast Fresh Blueberries, and Milk L: Mango Vegetable Strips, Rice Bowls with Sonoma Vegetables and Milk S: Mozzarella Cheese Stick, W.W. Cracker's, and Water	2. B: Cinnamon Chex Cereal, Peaches, and Milk L: Breaded Eggplant on WW Buns and Steamed Mixed Vegetables, Fresh Strawberries and Milk S: Graham Crackers, Banana's, and Water	3.
4.	5 B: Warm WW English Muffins with Cream Cheese, Fresh Apples, and Milk L: Gyro Sandwiches (boca), Sweet Potatoes Fries, Cantaloupe Melon, and Milk S: Fresh Pears, Sun Butter, and Water	6. B: Rice Chex Cereal, Mandarin Oranges, and Milk L:Tomatoe Soup with Cheese Tortilla, Tropical Fruit, and Milk S: Graham Crackers, Yogurt, and Water	7. B: Cheese Omelet, W.W.Tortillas, Fresh Banana, and Milk L: HM Vegetable Stew with, (Potatoes, Green Peas, Carrots), and Vegetable Strips, Fresh Apples, and Milk S: Blueberries, W.W. Crackers, and Water	8. B: WW Waffles with Apple Butter, Slice Peaches, and Milk L: Black Bean (Veg) Patty, Mashed Potatoes Green Peas, Blueberries, and Milk S: Mozzarella Cheese Sticks, W.W. Crackers, and Water	9. B: Corn Flakes, Diced Peaches, and Milk L: Cheese Roll ups on Spinach Wraps, Steam Mixed Vegetables, Fresh Strawberries, and Milk S: Teddy Graham Crackers, Bananas, and Water	10
11	12. B: Cheese Grits, Fresh Apples, and Milk L: HM Boca Spaghetti, Sweet Peas, Steam Carrots, Sliced Pears and Milk S: Animal Crackers, and Water	13. B: Corn Flakes, Pineapple Chucks, and Milk L: Vegetables Strip Cacciatore, with Bow Tie Pasta, Green Beans, Mandarin Oranges, and Milk S: Yogurt, Graham Crackers, and Water	14. B: Vegetable Sausage, with Biscuit, Bananas and Milk L: Homemade Mac and Cheese, Steamed Spinach, Fresh Strawberries and Milk S: Hummus and W.W. Pitas, and Water	15. B: Warm Blueberry Bagels, Fresh Apples, and Milk L: Vegetable Patty on W.W. Sliders, Steam Sonoma mixed Veg., Cantaloupe and Milk S: Mozzarella Sticks, W.W. Crackers, and Water	16. B: Kix Cereal, Fresh Blueberries, and Milk L: Oven Roasted Vegetable Patty, Cornbread Dressing, Green Beans, and Milk S: Graham Crackers and Water	17
18	19. B: Cinnamon Oatmeal, Fresh Blackberries, and Milk L: HM. Vegetable Strip Pot Pie with (Carrots, Potatoes, and Peas) Slice Peaches, and Milk S: Fresh Pears, Sun Butter, and Water	20. B: Cinnamon Chex Cereal, Mix Fruit, and Milk L: Vegetable Tenders, Tater Tots, Roasted Mixed Vegetables, Bananas, and Milk S. Graham Cracker, Fresh Strawberries and, Water	21. B: Boiled Eggs, W.W. Tortilla, Fresh Honeydew, and Milk L: Cranberry Vegetable Strip Salad on Spinach wrap , Salad Garden Salad Green Apple and Milk S: Chex Mix, Bananas, and Water	22. SCHOOL CLOSED Happy Thanksgiving	23 SCHOOL CLOSED Happy Thanksgiving	24
25	26. Cheese grits and Sliced Pears, and Milk L: Vegetable Lasagna, Peas and Carrots, Fresh Apples, and Milk S: Yogurt, Graham Crackers, and Water	27. B: Kix Cereal, Fresh Apples, and Milk L : Boca Taco, Whole Grain Tortilla, Steamed Carrots, Fresh Strawberries and Milk S: Salsa, Chips, and Water	28. B: Blueberry Bagels, Cream Cheese, Sliced Pears, and Milk L: BBQ Black Bean Slider, Back-eyed Peas Banana and Milk S: Hummus, WW Pitas, and Water	29 B: French Toast Fresh Strawberries, and Milk L: Sweetish Vegetable Balls, Mashed Potatoes Fresh Pears, Sonoma mixed Veg and Milk S: Mozzarella Sticks, W.W. Crackers, and Water	30. B: Multi Grain Cheerios, Bananas, and Milk L: Grilled Cheese Quesadilla, Steamed Mixed Vegetables, Tropical Fruit, and Milk S: Fresh Mozzarella Cheese, W.W. Crackers and Water	

Infant & Toddler -1 receive Whole Milk
Toddler 2 – GA Pre-K receive 2% Milk

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