

	Mon	Tue	Wed	Thu	Fri	Sat
<h1>November Menu 2022</h1>						
		1. B: Rice Chex Cereal, Fresh Pears, and Milk L: BBQ Turkey Meatballs, Steamed Green Beans, WW Dinner Rolls, Mandarin Oranges, and Milk S: WW Pita Bread, Applesauce, and Water	2. B: WW French Toast Sticks, Bananas, and Milk L: Homemade Mac and Cheese, Steamed Peas and Carrots, Fresh Raspberries, and Milk S: Graham Crackers, Yogurt, and Water	3. B: Cream of Wheat, Fresh Apples, and Milk L: Baked Turkey Ziti with Marinara Sauce, Steamed Cauliflower, Garlic Bread, Fresh Pears, and Milk S: WW Goldfish Pretzel, Fruit Mix, and Water	4. B: Cheerios Cereal, Bananas, and Milk L: Tuna Salad with WW Crackers, Steamed Corn, Fresh Strawberries, and Milk S: Chex Mix, Fresh Blackberries, and Water	
	7. B: WW Blueberry Bagel, Applesauce, and Milk L: Vegetable Soup, With Grilled Cheese Sandwich, Diced Peaches, and Milk S: WW. Goldfish, Pears, and Water	8. B: Cinnamon Chex Cereal, Fresh Blueberries, and Milk L: Salmon Burgers on WW Buns, Steamed Butternut Squash, Fresh Strawberries, and Milk S: Fresh Apples with Sun Butter and Water	9. B: Buttered Grits, Fresh Raspberries, and Milk L: Turkey Chili with W.W. Crackers, Tropical Fruit Salad, and Milk S: Multigrain Sun Chips, Salsa, and Water	10. B: WW English Muffin, Peaches, and Milk L: Teriyaki Chicken Nuggets, Mixed Vegetables, Fresh Apples, and Milk S: Cubed Cheese, WW Crackers, and Water	11. B: Kix Cereal, Fresh Blueberries, and Milk L: Turkey and Cheese on Tomato Basil Wrap, Black Bean Corn Mix, Fresh Blackberries, and Milk S: Raisin Bread, Bananas, and Water	
	14. B: Oatmeal, Diced Mangos, and Milk L: Penne Pasta with Alfredo Sauce, Steamed Broccoli, Fresh Raspberries, and Milk S: Animal Crackers, Strawberry Applesauce, and Water	15. B: Rice Krispies Cereal, Fresh Pears, and Milk L: Grilled Fish Tacos on WW Tortillas, Shredded Cheese, Coleslaw, Fresh Strawberries, and Milk S: Tortilla Chips, Guacamole, and Water	16. B: French Toast Sticks, Mandarin Oranges, and Milk L: Chicken Salad on WW Bread, Steamed Peas and Carrots, Fresh Blackberries, and Milk S: Graham Crackers, Yogurt, and Water	17. B: Boiled Eggs on WW Tortillas, Bananas, and Milk L: Sliced Turkey Breast, Mashed Sweet Potatoes, Steamed Green Beans, WW Dinner Rolls, Cranberry Sauce, and Milk S: WW Goldfish Pretzel, Pineapples, and Water	18. B: Cinnamon Chex Cereal, Fresh Blueberries, and Milk L: Cream of Mushroom Meatballs, Steamed Peas, Fresh Honey Dew, and Milk S: Multigrain Sun Chips, Salsa, and Milk	
	21. B: WW Bagels, Peaches, and Milk L: Lentil Soup with WW Pita Bread, Fresh Strawberries, and Milk S: WW Crackers, Fruit Mix, and Water	22. B: Rice Chex Cereal, Fresh Cantaloupe, and Milk L: Turkey and Cheese on WW Wrap, Steamed Carrots, Fresh Pears, and Milk S: Fresh Apples, Sun Butter, and Water	23. Thanksgiving Break 	24. HAPPY  THANKSGIVING	25. Thanksgiving Break 	
	28. B: WW Waffles, Applesauce, and Milk L: Penne Pasta with Marinara Sauce, Steamed Green Beans, Mandarin Oranges, and Milk S: Animal Crackers, Pineapples, and Water	29. B: Kix Cereal, Fresh Blueberries, and Milk L: Breaded Fish Sticks, Steamed Cauliflower, WW Dinner Roll, Diced Mangos, and Milk S: Graham Crackers, Fresh Raspberries, and Water	30. B: WW English Muffin, Fresh Apples, and Milk L: Homemade Chicken Pot Pie, Brown Rice, Fresh Pears, and Milk S: Cubed Cheese, WW Crackers, and Water			

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Infant/T1- receive Whole Milk
T2/GA Pre-K receive 2% Milk

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