

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

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

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