

NOVEMBER 19TH

MEAL PACK SAMPLE MENU

Milk is recommended daily with each meal

FRIDAY 11/20

Breakfast:

French Toast w/ Syrup

Apple + Orange

Lunch:

Orange Chicken w/ Rice

Carrots + Baked Beans + Apple

MONDAY 11/30

Breakfast:

1/2 Bagel + 1 Sausage Link

1/2 Apple + Juice

Lunch:

Pizza

Steamed Veggies + Orange

TUESDAY 12/1

Breakfast:

1/2 Bagel + 1 Sausage Link

1/2 Apple + Juice

Lunch:

Hamburger

Fries + Steamed Veggies + Pear

WEDNESDAY 12/2

Breakfast:

Muffin

1/2 Orange + Juice

Lunch:

Drumstick + Texas Toast

Steamed Veggies + Fruit Cup

THURSDAY 12/3

Breakfast:

Cereal

Orange + Dried Fruit

Lunch:

Taco Stick

Steamed Veggies + Gold Rush

Juice + Fruit Cup

Condiment packs are available at pickup: ketchup, taco sauce, BBQ sauce, & Tajin

