

Menus for November 2022

Pre K

This institution is an equal opportunity provider.
Menus are subject to change



Make the healthy, economical choice!

Breakfast

Lunch

\$2.25 \$3.25

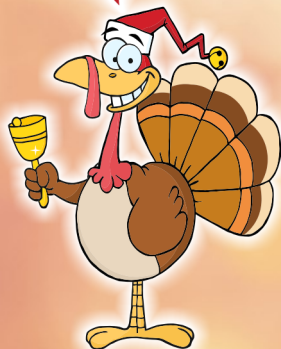
Get in touch with us today to learn more about free and reduced-price meals in our district:
405-376-7317 or CruzD@Mustangps.org

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Only 36 more school days 'til



Tuesday, November 1

Breakfast

Sausage Croissant
Pears
Juice/Milk

Lunch

Beef Tacos
Fresh Veggies
Chili Beans
Cinnamon Apples
Milk

Wed., November 2

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Grilled Cheese
Tomato Soup
Celery/Carrot Sticks
Assorted Fruit
Milk

Thursday, November 3

Breakfast

Berry Parfait
Cinnamon Breakfast Cookie
Juice/Milk

Lunch

Mac & Cheese w/ Lil Smokies
Dinner Roll
Peas
Rosy Applesauce
Milk

Friday, November 4

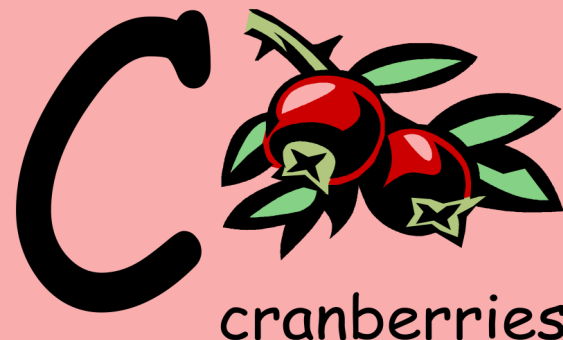
Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

Corn Dog
Seasoned Potatoes
Baked Beans
Assorted Fruit
Milk

I am the letter



cranberries

Monday, November 7

Breakfast

Banana Bread
Orange Smiles
Juice/Milk

Lunch

PopCorn Chicken
Dinner Roll
Mashed Potatoes & Gravy
Green Beans
Assorted Fruit
Milk

Tuesday, November 8

Breakfast

Sausage Biscuit
Pears
Juice/Milk

Lunch

Spaghetti w/ Meat Sauce
Garlic Cheese Breadstick
Carrots
Assorted Fruit
Milk

Wed., November 9

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Steak Fingers
Dinner Roll
Mashed Potatoes & Gravy
Mixed Veggies
Assorted Fruit
Milk

Thursday, November 10

Breakfast

Turkey Pancake Wrap
Assorted Fruit
Juice/Milk

Lunch

Chicken & Noodles
Garlic Cheese Breadstick
Peas
Assorted Fruit
Milk

Friday, November 11

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

Bronco Burger
Red & White Fries
Baked Beans
Assorted Fruit
Milk

GRATEFUL

Kim Novotny



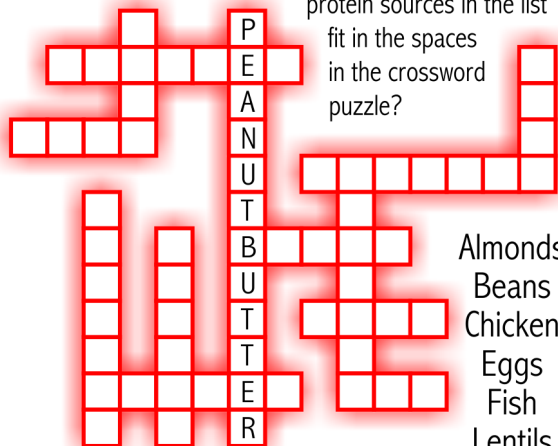
**Assistant
Director
of Child
Nutrition**



Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than ½ the fat and ¼ of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 14

Breakfast

Cinnamon Toast Crunch
Applesauce Cup
Fruit/Milk

Lunch

Chicken Nuggets
Carrots
French Fries
Assorted Fruit
Milk

Tuesday, November 15

Breakfast

Sausage Croissant
Pears
Juice/Milk

Lunch

Cheese Pizza
Broccoli
Assorted Fruit
Milk

Wed., November 16

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Grilled Cheese
Tomato Soup
Celery/Carrot Sticks
Assorted Fruit
Milk

Thursday, November 17

Breakfast

Berry Parfait
Cinnamon Breakfast Cookie
Juice/Milk

Lunch

Turkey Breast
Mashed Potatoes & Gravy
Dinner Rolls
Green Beans
Apple Crisp
Milk

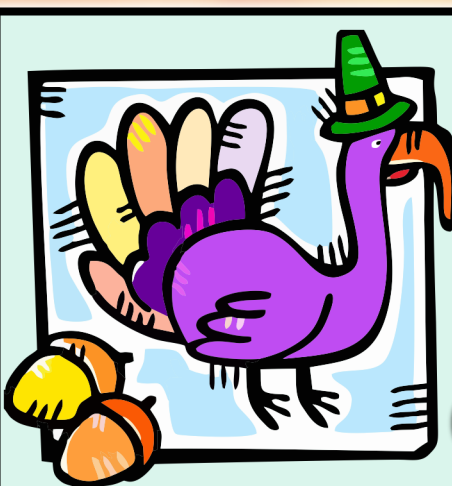
Friday, November 18

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

PB&J or
Ham and Cheese
Nacho Cheese Chips
Celery/Carrot Sticks
Choc Chip Cookie
Assorted Fruit
Milk



Thanksgiving Beak Break!

See you beak back here on Monday, November 28!

Monday, November 28

Breakfast

Cinnamon Roll
Orange Smiles
Juice/Milk

Lunch

Chicken Nuggets
Crinkle Fries
Carrots
Assorted Fruit
Milk

Tuesday, November 29

Breakfast

Sausage Biscuit
Pears
Juice/Milk

Lunch

Beef Tacos
Fresh Veggies
Chili Beans
Cinnamon Apples
Milk

Wed., November 30

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Grilled Cheese
Tomato Soup
Celery/Carrot Sticks
Assorted Fruit
Milk

