

November Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Day 1 **1**
Breakfast:
BelVita Breakfast Crackers
Fresh Apple Slices & Chocolate Dip
Assorted Fruit Juice
Choice of Milk

Lunch:
Cinnamon Apple Pie Crumble & Yogurt

Steamed Peas
Dragon Punch
Choice of Milk

Day 2 **2**
Breakfast:
French Toast Bites
Strawberry Cup
Assorted Fruit Juice
Choice of Milk

Lunch:
Mac & Cheese

Steamed Broccoli
Fresh Veggies
Chilled Peaches
Choice of Milk

Day 3 **3**
Breakfast:
Blueberry Vanilla Parfait w/ Odyssey Yogurt
Fresh Banana
Choice of Milk

Lunch:
Burger Bar!
Cheese Slice
Leaf Lettuce
Sliced Tomato
Pickles
French Fries
Chilled Mixed Fruit
Choice of Milk

Day 4 **6**
Breakfast:
Zee Zee's Campfire S'more Bar
String Cheese
Tree Top Apple Crisps
Assorted Fruit Juice
Choice of Milk

Lunch:
Sunshine Sandwich

Honey Buttered Carrots
Fresh Veggies
Assorted Fruit Juice
Choice of Milk

Day 5 **7**
Breakfast:
Chocolate Crescent Cuties
Assorted Fruit Juice
Choice of Milk

Lunch:
Loaded Potato Wedge Nachos & States & Capitals Cookies

Green Onions
Diced Tomato
Odyssey Sour Cream
Chilled Pears
Choice of Milk

Day 1 **8**
Breakfast:
English Muffin w/ Sausage & Cheese
Fruit Choices
Choice of Milk

Lunch:
Pizza Bagels

Tossed Salad w/ Shredded Carrot
Steamed Green Beans
Chilled Pineapple
Choice of Milk

Day 2 **9**
Breakfast:
Breakfast Bread
Fruit Choices
Choice of Milk

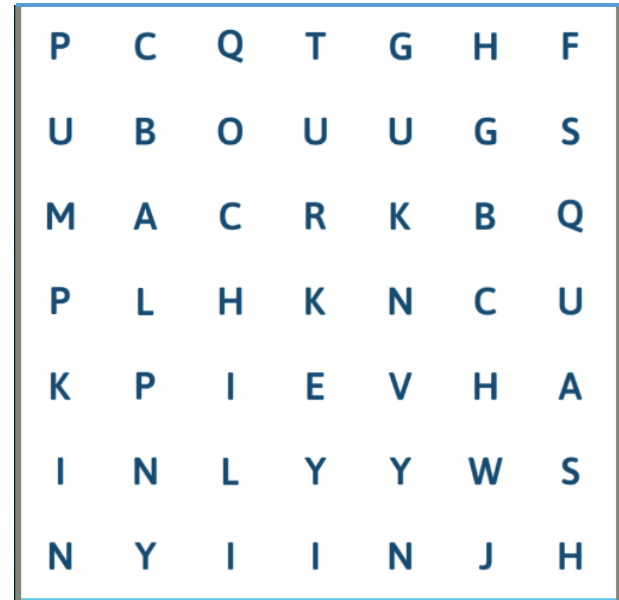
Lunch:
DCE Munchable

Cucumbers & Hummus
Fresh Spinach
Rock Ridge Orchard
Fresh Apple
Choice of Milk

Day 3 **10**
Breakfast:
Bagel with Cream Cheese & Jam
Raisins
Assorted Fruit Juice
Choice of Milk

Lunch:
Fajita Chicken Tacos

Roasted Fajita Veggies
Fiesta Black Beans
Salsa & Odyssey Sour Cream
Amazin' Raisins
Choice of Milk



PUMPKIN

CORN

SQUASH

CHILI

PIE

TURKEY

Day Of The Dead Facts

The Day of the Dead, Dia de Muertos, or All Saints Day is most prominently celebrated in the Mexican culture and in Mexico as well as by Mexican communities around the world, but it has gained recognition and observance in various other countries as well. The day is when families welcome back the souls of those family member who have passed away.

The main celebration and observances take place on November 1st & 2nd. November 1st is known as "Dia de los Inocentes" or "Day of the Innocents," dedicated to deceased children, while November 2nd is primary Day of the Dead celebration, honoring all deceased individuals, including adults.



MondayDay 4 **13****Breakfast:**

Honey Cheerios
Odyssey Yogurt
Strawberry Cup
Assorted Fruit Juice
Choice of Milk

Lunch:

Chicken Alfredo w/
Rotini & Texas Toast
Garlic Bread

Steamed Broccoli
Fresh Veggies
Chilled Mixed Fruit
Choice of Milk

TuesdayDay 5 **14****Breakfast:**

Cinnamon Chip Scone
Fresh Apple Slices
Assorted Fruit Juice
Choice of Milk

Lunch:

Mandarin Orange
Chicken & Brown Rice

Steamed Green Beans
Fresh Veggies
Mandarin Oranges
Choice of Milk

WednesdayDay 1 **15****Breakfast:**

Bacon & Egg
Breakfast Pizza
Craisins
Assorted Fruit Juice
Choice of Milk

Lunch:

Fried Chicken Drummy &
Warm Biscuit

Baked Beans
Homemade Coleslaw
Chilled Peaches
Choice of Milk

ThursdayDay 2 **16****Breakfast:**

Mini Bagel
Fresh Apple
Assorted Fruit Juice
Choice of Milk

Lunch:

Mr. Dan's Dorito Sloppy
Joe

Steamed Corn
Carrot Sticks
Fresh Pear
Choice of Milk

FridayDay 3 **17****Breakfast:**

Orange Dream Smoothie
w/ Odyssey Yogurt
Appleway Oat Bar
Fresh Banana
Choice of Milk

Lunch:

Hot Turkey Gravy &
Dinner Roll

Whipped Potatoes
Tossed Salad
Fruit Slushie
Turkey Cookie
Choice of Milk

Easy Chili Mac w/ Extra Veggies

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 8-10

Ingredients

- 16 ounces pasta, any style
- 2 tablespoons olive oil (or unsalted butter)
- 4 cups very finely chopped or shredded veggies (such as sweet potato, butternut squash, carrot, onion, and/or bell peppers)
- 2 garlic cloves (peeled and minced)
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 cup water or reduced-sodium vegetable or chicken broth
- 14.5- ounce can tomato sauce
- 2 14.5- ounce cans beans (such as kidney beans, pinto beans, or black beans, rinsed and drained)
- 1 1/2 cups shredded cheddar cheese
- 1 cup frozen corn (optional)
- Cilantro, shredded lettuce, sour cream, and/or any other desired taco toppings (optional)

Instructions

- Prepare the veggies.
- Set a large pot of water over high heat and bring to a boil. Prepare pasta according to package directions.
- Meanwhile, set a medium skillet over medium heat and add the oil. When warmed, add the veggies, garlic, cumin, chili powder, paprika, and salt. Stir, cover, and cook for 8-10 minutes or until the veggies are soft.
- Add the water (or broth) and tomato sauce and stir to combine.
- Drain the beans in a colander and rinse with water.
- Stir the beans into the veggie mixture and warm through for about 5 minutes.
- Drain the pasta.
- Add the pasta to the skillet with the veggies (or to a big bowl if the skillet isn't big enough). Stir in the cheese. Serve warm topped with desired toppings.

Day 4 **20****Breakfast:**

Nature Valley Banana
Chocolate Chip Bar
Mixed Berry Cup
Assorted Fruit Juice
Choice of Milk

Lunch:

Food Truck Pork
Nachos w/ Queso

Fiesta Black Beans
Green Onions
Diced Tomato
Cinnamon Applesauce
Choice of Milk

Day 5 **21****Breakfast:**

Homemade Cinnamon Roll
Applesauce Cup
Assorted Fruit Juice
Choice of Milk

Lunch:

Grilled Chicken
Sandwich Bar!
Leaf Lettuce
Sliced Tomato
Pickles

Mayo & Mustard
Spudsters
Chilled Pineapple
Choice of Milk

22**No School****23****Happy Thanksgiving!****No School****24****No School**Day 1 **27****Breakfast:**

Zee Zee's Campfire S'more
Bar
String Cheese
Tree Top Apple Crisps
Assorted Fruit Juice
Choice of Milk

Lunch:

DCE Pizza Munchable

Black Olives
Fresh Spinach
Green Pepper Strips
Chilled Pineapple
Choice of Milk

Day 2 **28****Breakfast:**

Chocolate Crescent
Cuties
Assorted Fruit Juice
Choice of Milk

Lunch:

Game Day Pack
Warm Soft Pretzel
Nacho Cheese Cup
Turkey Stick

Fresh Veggies
Applesauce Cup
Choice of Milk

Day 3 **29****Breakfast:**

English Muffin w/
Sausage & Cheese
Fruit Choices
Assorted Fruit Juice
Choice of Milk

Lunch:

Grilled Cheese Sandwich
& Goldfish Crackers

Tomato Soup
Fresh Banana
Choice of Milk

Day 4 **30****Breakfast:**

Breakfast Bread
Fruit Choices
Choice of Milk

Lunch:

Mrs. Matsche's Walking
Tacos

Refried Beans
Shredded Lettuce
Salsa
Cinnamon Applesauce
Choice of Milk

Day 5 **1****Breakfast:**

Bagel with Cream
Cheese & Jam
Raisins
Assorted Fruit Juice
Choice of Milk

Lunch:

BBQ Pork Sliders

Smiley Fries
Homemade Coleslaw
Chilled Peaches
Choice of Milk

Menus are subject to change.

Check out our digital online menu for the most up to date menu. dce.nutrislice.com