

**Masterpiece Christian Academy  
November 2022 Monthly Menu**

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>PM Snack</b>	<b>Supper</b>
<b>Tuesday (1)</b>	Whole Milk,Lowfat Milk,*Corn Chex,Apples	Whole Milk,Lowfat Milk,*Corn Tortillas,Lettuce,Pinto Beans,Enchiladas	Pretzels,Apple Juice	Whole Milk,Lowfat Milk,*Shell Pasta,Mandarins,Potatoes,Pinto Beans
<b>Wednesday (2)</b>	Whole Milk,Lowfat Milk,French Toast,Bananas	Whole Milk,Lowfat Milk,Rice,Fruit Cocktail,Mixed Vegetable,Ground Beef,Meatballs	Cheez-it,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Grapes,Celery,Spam
<b>Thursday (3)</b>	Whole Milk,Lowfat Milk,Flour Tortillas,Potatoes,Eggs	Whole Milk,Lowfat Milk,*Penne Pasta,Applesauce,Lettuce,Chicken Breasts,Alfredo	*Goldfish Crackers,Apple Juice	Whole Milk,Lowfat Milk,Flour Tortillas,Apples,Cucumbers,Pinto Beans
<b>Friday (4)</b>	Whole Milk,Lowfat Milk,*Pancakes,Strawberries	Whole Milk,Lowfat Milk,Fideo,Pinto Beans,Carrots,Chicken Drumsticks	Club Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Pears,Corn,Beef Franks
<b>Monday (7)</b>	Whole Milk,Lowfat Milk,*Bread,Apples,Eggs	Whole Milk,Lowfat Milk,*Bread,Potatoes,Corn,Chicken Nuggets	Ritz Crackers,Apple Juice	Whole Milk,Lowfat Milk,Crescent,Peaches,Celery,Ham (Turkey)
<b>Tuesday (8)</b>	Whole Milk,Lowfat Milk,Rice Krispies,Strawberries	Whole Milk,Lowfat Milk,Vermicelli,Grapes,Ranch Style Beans,Ground Beef	Animal Crackers,Apple Juice	Whole Milk,Lowfat Milk,Rice,Pears,Carrots,Eggs
<b>Wednesday (9)</b>	Whole Milk,Lowfat Milk,*Bagels,Blueberries	Whole Milk,Lowfat Milk,Dinner Rolls,Peaches,Green Beans,Chicken Breasts	Fruit Cocktail,Yogurt	Whole Milk,Lowfat Milk,*Macaroni Pasta,Apples,Cucumbers,Ham (Pork)
<b>Thursday (10)</b>	Whole Milk,Lowfat Milk,Biscuit,Apples	Whole Milk,Lowfat Milk,*Rotini Pasta,Mandarins,Green Beans,Ground Beef	*Rice Cakes,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Grapes,French Fries,Beef Franks
<b>Friday (11)</b>	Whole Milk,Lowfat Milk,*Pancakes,Pineapple	Whole Milk,Lowfat Milk,Rice,Pears,Carrots,Chicken Drumsticks	Raisins,Yogurt	Whole Milk,Lowfat Milk,Flour Tortillas,Apples,Pinto Beans,Cheese
<b>Monday (14)</b>	Whole Milk,Lowfat Milk,*Cheerios,Bananas	Whole Milk,Lowfat Milk,*Bread,Peaches,French Fries,Chicken Nuggets	Animal Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Grapes,Cucumbers,Ham (Turkey)
<b>Tuesday (15)</b>	Whole Milk,Lowfat Milk,Waffles,Peaches	Whole Milk,Lowfat Milk,*Spaghetti,Bananas,Mixed Vegetable,Ground Beef	Graham Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Peaches,Cucumbers,Eggs
<b>Wednesday (16)</b>	Whole Milk,Lowfat Milk,*Rice Cakes,Apples	Whole Milk,Lowfat Milk,Dinner Rolls,Potatoes,Corn,Ground Turkey	*Goldfish Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Fruit Cocktail,Celery,Cheese,Grilled Cheese Sandwich
<b>Thursday (17)</b>	Whole Milk,Lowfat Milk,Corn Flakes,Bananas	Whole Milk,Lowfat Milk,*Nachos,Lettuce,Pinto Beans,Ground Beef	Pretzels,Apple Juice	Whole Milk,Lowfat Milk,*Shell Pasta,Apples,Potatoes,Pinto Beans
<b>Friday (18)</b>	Whole Milk,Lowfat Milk,*Pancakes,Strawberries	Whole Milk,Lowfat Milk,Rice,Watermelon,Broccoli,Chicken Breasts	Club Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Applesauce,Celery,Tuna
<b>Monday (21)</b>	Whole Milk,Lowfat Milk,*Wheaties,Bananas	Whole Milk,Lowfat Milk,*Bread,Apples,Corn,Ground Beef	Graham Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Macaroni Pasta,Apples,Mixed Vegetable,Beef Franks

Only 100% juice served.

Whole Milk=1yrs only Lowfat/Skim Milk= 2yrs and over

(\*) = Meets Whole Grain Rich Requirement

This institution is an equal opportunity provider.

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<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>PM Snack</b>	<b>Supper</b>
<b>Tuesday (22)</b>	Whole Milk,Lowfat Milk,Flour Tortillas,Pinto Beans,Eggs	Whole Milk,Lowfat Milk,*Bread,Potatoes,Peas & Carrots,Chicken Drumsticks	Whole Milk,Lowfat Milk,Saltine Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Penne Pasta,Grapes,Cucumbers,Yogurt
<b>Wednesday (23)</b>	Whole Milk,Lowfat Milk,Rice Krispies,Bananas	Whole Milk,Lowfat Milk,Rice,Cantaloupe,Pinto Beans,Beef Stew Meat	*Goldfish Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Apples,Celery,Cheese,
<b>Thursday (24)</b>	Whole Milk,Lowfat Milk,*Bread,Blueberries,Eggs	Whole Milk,Lowfat Milk,*Macaroni and Cheese,Mangoes,Tomatoes,Chicken Breasts	Ritz Crackers,Apple Juice	Whole Milk,Lowfat Milk,Alphabet Pasta,Raisins,Ranch Style Beans,Cheese
<b>Friday (25)</b>	Whole Milk,Lowfat Milk,*Pancakes,Strawberries	Whole Milk,Lowfat Milk,*Rotini Pasta,Grapes,Green Beans,Ground Beef	*Rice Cakes,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Pickles,Tomatoes,Ham (Pork)
<b>Monday (28)</b>	Whole Milk,Lowfat Milk,Waffles,Bananas	Whole Milk,Lowfat Milk,*Macaroni Pasta,Applesauce,Cucumbers,Fish	Animal Crackers,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Raisins,Celery,Ham (Turkey)
<b>Tuesday (29)</b>	Whole Milk,Lowfat Milk,*Corn Chex,Apples	Whole Milk,Lowfat Milk,*Corn Tortillas,Lettuce,Pinto Beans,Enchiladas	Pretzels,Apple Juice	Whole Milk,Lowfat Milk,*Shell Pasta,Mandarins,Potatoes,Pinto Beans
<b>Wednesday (30)</b>	Whole Milk,Lowfat Milk,French Toast,Bananas	Whole Milk,Lowfat Milk,Rice,Fruit Cocktail,Mixed Vegetable,Ground Beef,Meatballs	Cheez-it,Apple Juice	Whole Milk,Lowfat Milk,*Bread,Grapes,Celery,Spam

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