

# ACADEMIR



## MONDAY

### BREAKFAST:

Fruit  
Cereal  
Milk

### LUNCH:

Ropa Vieja  
Brown Rice  
Black Beans  
Green Beans  
Pineapple  
Milk

### SNACK:

Oatmeal Cookies  
Milk

2

## TUESDAY

### BREAKFAST:

Mandarin Orange  
Raisin Bread *butter*  
Milk

### LUNCH:

Chicken Patty *Mayo*  
Sliced Tomatoes & Lettuce  
Green Peas  
Bun  
Red Apple  
Milk

### SNACK:

English Muffin  
Cheese Slices & Turkey Ham

3

## WEDNESDAY

### BREAKFAST:

Cantaloupe  
Blueberry Muffin  
Yogurt  
Milk

### LUNCH:

Pulled Chicken  
Mashed Potatoes  
Carrots  
Roll  
Fruit Cocktail  
Milk

### SNACK:

Assorted Crackers  
Juice

4

## THURSDAY

### BREAKFAST:

Morning Cookies  
Cinnamon Apples  
Milk

### LUNCH:

Spaghetti & Meat Sauce  
Garlic Bread  
Steamed Baby Carrots  
Mixed Green Salad  
*Ranch dressing*  
Peaches  
Milk

### SNACK:

Animal Crackers  
Milk

5

## FRIDAY

### BREAKFAST:

Fresh Fruit  
Cheese Slices\*\*  
Turkey Ham\*\*  
English Muffin  
Juice  
Milk

### LUNCH:

Pizza  
Mixed Vegetables  
Pears  
Milk

### SNACK:

Mandarin Orange  
Nut Free Trail Mix

6

### BREAKFAST:

Cereal  
Fruit Cocktail  
Milk

### LUNCH:

Roasted Beef  
Brown Rice  
Green Peas & Carrots  
Pineapple  
Milk

### SNACK:

Assorted Crackers  
Turkey Ham

9

### BREAKFAST:

Blueberry Muffin  
Applesauce  
Milk

### LUNCH:

Chicken Nuggets\*\* *Ketchup*  
Roll\*\*  
Steamed Baby Carrots  
Mixed Green Salad  
*Ranch dressing*  
Mandarin Orange  
Milk

### SNACK:

Milk  
Chocolate Chip Cookies

10

11



**Veteran's Day**

### BREAKFAST:

English Muffin\*\* *butter*  
Red Apple\*  
Milk

### LUNCH:

Chicken Stir Fry  
Brown Rice  
Broccoli  
Peaches  
Milk

### SNACK:

Pears  
Yogurt

12

### BREAKFAST:

Biscuit  
*Butter & Jelly\*\**  
Banana  
Juice  
Milk

### LUNCH:

Hamburger  
*(ketchup-Mustard)*  
Bun  
Sliced Tomatoes & Lettuce  
Oven Fried Potatoes  
Pears  
Milk

### SNACK:

Milk  
Blueberry Vanilla Bread

13

### BREAKFAST:

Fresh Fruit\*\*  
Cereal  
Milk

### LUNCH:

Pulled Chicken  
Brown Rice  
Peas & Carrots  
Peaches  
Milk

### SNACK:

Juice  
Nut Free Trail Mix

16

### BREAKFAST:

Pineapple  
Bagel *cream cheese*  
Milk

### LUNCH:

Picadillo  
Brown Rice  
Corn  
Plantains  
Mandarin Orange  
Milk

### SNACK:

Red Apple  
Goldfish Crackers

17

### BREAKFAST:

Toast\*\*  
*Butter & Jelly\*\**  
Pears  
Milk

### LUNCH:

Macaroni & Cheese  
Garlic Bread  
Broccoli, Cauliflower, Carrot  
Applesauce  
Milk

### SNACK:

Saltine Crackers  
Peaches\*\*

18

### BREAKFAST:

Banana  
Juice  
Blueberry Muffin  
Milk

### LUNCH:

Cuban Stew  
Moros  
Mixed Vegetables  
Roll  
Cantaloupe  
Milk

### SNACK:

Pretzels  
Juice

19

### BREAKFAST:

Turkey Slices\*\*  
Cheese Slices\*\*  
Bread  
Applesauce  
Milk

### LUNCH:

Chicken Nuggets *ketchup*  
Mashed Potatoes  
Mixed Green Salad  
*Italian Dressing*  
Roll  
Pears  
Milk

### SNACK:

Graham Crackers  
Yogurt

20

# ACADEMIR



November

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

23



Teacher  
Workdays

24



Teacher  
Workdays

25



Teacher  
Workdays

26



HAPPY  
Turkey Day!

27



HAPPY  
Turkey Day!

**BREAKFAST:**

Pineapple  
Cereal  
Milk

**LUNCH:**

Roasted Turkey  
Moros  
Green Peas & Carrots  
Roll  
Pears  
Milk

**SNACK:**

Cuban Crackers  
Turkey Ham Slices

30



Happy  
Thanksgiving