

2024

NOVEMBER

Allen Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

“Healthy Menu and Shopping Strategies: To prepare your healthy menus, you'll need to have healthy ingredients on hand. Your shopping strategies should focus on fresh and unprocessed foods. That means spending more time in the produce section, where you can stock up on fruits and vegetables. Keep an eye out, too, for whole grains and low-fat dairy products.” (www.mayoclinic.org)

<p>4</p> <p>Poptart String Cheese Peaches Juice and Milk</p>	<p>5</p> <p>NO SCHOOL Election Day</p>	<p>6</p> <p>Glazed Donut String Cheese Mixed Fruit Juice and Milk</p>	<p>7</p> <p>Breakfast Burrito Applesauce Juice and Milk</p>	<p>1</p> <p>Yogurt Granola Bar Blueberries Juice and Milk</p>
<p>11</p> <p>Cereal Goldfish Crackers Applesauce Juice and Milk</p>	<p>12</p> <p>Double Chocolate Chip Muffin String Cheese Juice and Milk</p>	<p>13</p> <p>Pancake Sausage Sandwich Mandarin Oranges Juice and Milk</p>	<p>14</p> <p>Yogurt Granola Bar Blueberries Juice and Milk</p>	<p>8</p> <p>Mini Cinnamon Rolls Pears Juice and Milk</p>
<p>18</p> <p>Cereal Bar String Cheese Pears Juice and Milk</p>	<p>19</p> <p>Pancakes with Syrup Peaches Juice and Milk</p>	<p>20</p> <p>Nutri-Grain Bar String Cheese Pineapple Juice and Milk</p>	<p>21</p> <p>Glazed Donut String Cheese Applesauce Juice and Milk</p>	<p>15</p> <p>French Toast Sticks with Syrup Peaches Juice and Milk</p>
<p>25</p> <p>Yogurt Granola Bar Mixed Fruit Juice and Milk</p>	<p>26</p> <p>Breakfast Burrito Peaches Juice and Milk</p>	<p>27</p> <p>NO SCHOOL Thanksgiving Break</p>	<p>28</p> <p>NO SCHOOL Thanksgiving Break</p>	<p>22</p> <p>Waffles with Syrup Mixed Fruit Juice and Milk</p>

2024

NOVEMBER

Allen Lunch

MONDAY

TUESDAY

WEDNESDAY

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FRIDAY

“Teach your child early to move more and sit less for physical and mental health. Enjoy active hobbies together to set a good example. Also help your child get enough rest. Good sleep habits will serve your child well for years to come. A balanced diet gives children fuel for growth and activity. Encourage your child to eat nutritious foods. Learn which nutrients are key and in what amounts and how the guidelines change as your child grows older.” (www.mayoclinic.org)

1
Cheese Quesadilla
Chips and Salsa
Corn
Mandarin Oranges

4
Cheese Pizza
Corn
Applesauce
Cookie

5
NO SCHOOL
Election Day

6
National Nacho Day
Beef and Cheese Nachos
Side Salad
Chips and Salsa
Pineapple

7
Chicken Alfredo
Green Beans
Pears

8
Chicken Strips
Mashed Potatoes w/Gravy
Carrots
Mixed Fruit

11
BBQ Pulled Pork on Bun
Tater Tots
Green Beans
Applesauce

12
Chicken and Cheese Taco
Chips and Salsa
Corn
Pineapple

13
Hot Dog on Bun
BBQ Baked Beans
French Fries
Mixed Fruit

14
Ham and Cheese Sub
Celery & Carrots with Ranch
Applesauce
Cookie

15
Bosco Sticks with Marinara Sauce
Roasted Broccoli
Peaches

18
Cheese Ravioli with Marinara
Corn
Peaches

19
Mini Corn Dogs
Tater Tots
Carrots
Mixed Fruit

20
11:30 Dismissal
Peanut Butter & Grape Jelly
Uncrustable
Celery & Carrot Sticks
Applesauce
Cookie

21
Spaghetti with Meat Sauce
Green Beans
Peaches

22
Breaded Chicken Patty on Bun
BBQ Baked Beans
French Fries
Peaches

25
Pepperoni Pizza
Roasted Broccoli
Applesauce
Cookie

26
THANKSGIVING MEAL
Creamed Turkey
Mashed Potatoes with Gravy
Green Bean Casserole
Mixed Fruit

27
NO SCHOOL
Thanksgiving Break

28
NO SCHOOL
Thanksgiving Break

29
NO SCHOOL
Thanksgiving Break