



SUPPER MENU

NOVEMBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday	
				01 Grab & Go Turkey Bites, 1oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Grape Tomatoes, 1/4c Whole Grain Bread Stick, 1oz Ranch Dressing, 1ea 1% White Milk 8oz # of Leftovers <input type="text"/>	
04 Build it Day! WW Cinnamon Bagel, 2oz Blueberry Yogurt, 4oz Sunflower Seeds, 1oz Raisins, 1/2c Celery, 1/2c Strawberry Cream Cheese, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	05 Sun Butter Sandwich Sun Butter Sandwich, 2.8oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Pear, 1/2c Pretzel, .75oz 1% White Milk, 8oz # of Leftovers <input type="text"/>	06 Turkey Croissant Sliced Turkey Breast, 2.5oz Colby Jack Cheese, .75oz Whole Grain Croissant, 2oz Carrots, 1/2c Fruit Cup, 1/2c Mustard & Mayo Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	07 Orange Breakfast Cheerios, 1oz Peach Yogurt, 4oz Cheese Cubes, 1oz Carrots, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	08 Southwest Wrap Grilled Chicken, 3oz Shredded Cheddar Cheese, 1oz WW Tortilla, 1.5oz Sliced Peppers, 1/4c Corn, 1/4c Apple, 1/2c Taco Sauce, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	
11  No Meals Delivered	12 Café Turkey Club Sliced Turkey Breast, 2oz Cheddar Cheese, 1oz Whole Wheat Bread, 2oz Carrots, 1/2c Apple, 1/2c Dill Pickle, 1ea Ranch & Mayo Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	13 Chicken Dippers Breaded Chicken Nugget 3oz(5ea) Mozzarella Cheese Stick, 1oz Sun Chips, 1oz Broccoli, 1/2c Fruit Cup, 1/2c BBQ & Ranch Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	14 Walking Taco Grilled Chicken, 3oz Shredded Cheddar Cheese, 1oz Nacho Doritos, 1oz Salsa, 1/2c Apple, 1/2c Taco Sauce, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	15 It's Brunch Time! Hardboiled Egg, 1ea Strawberry Yogurt, 4oz Blueberry Muffin, 2oz Grape Tomatoes, 1/2c Orange, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>	
	18 Ham & Cheese on Roll Turkey Ham, 2oz Muenster Cheese, 1oz Pretzel Roll, 2oz Broccoli, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	19 Nacho Day Grilled Chicken, 3oz Shredded Cheddar Cheese, 1oz Tortilla Chips, 1.5oz Salsa, 1/2c Pineapple Tidbits, 1/2c Sour Cream Packet, 1oz 1% White Milk, 8oz # of Leftovers <input type="text"/>	20 Bagel and Shmear Whole Wheat Bagel, 2oz Cream Cheese, 1ea Mozzarella Cheese Stick, 1oz WOW Butter, 1.1oz Celery, 1/2c Grapes, 1/4c 1% White Milk, 8oz # of Leftovers <input type="text"/>	21 Grab & Go Turkey Bites, 1oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Grape Tomatoes, 1/4c Whole Grain Bread Stick, 1oz Ranch Dressing, 1ea 1% White Milk 8oz # of Leftovers <input type="text"/>	22 Flatbread Pizza Whole Wheat Flatbread, 2oz Mozzarella Cheese, 2oz Turkey Pepperoni, 1oz Marinara Sauce, 1oz Pepper Slices, 1/4c Pear, 1/2c 1% White Milk, 8oz # of Leftovers <input type="text"/>
25 Sun Butter Sandwich Sun Butter Sandwich, 2.8oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Pear, 1/2c Pretzel, .75oz 1% White Milk, 8oz # of Leftovers <input type="text"/>	26 Turkey Croissant Sliced Turkey Breast, 2.5oz Colby Jack Cheese, .75oz Whole Grain Croissant, 2oz Carrots, 1/2c Fruit Cup, 1/2c Mustard & Mayo Packet, 1ea 1% White Milk, 8oz # of Leftovers <input type="text"/>	27 	28		29
No Meals Delivered November 27– November 29 					

**** Use the boxes to help you keep track of your leftovers ****
 Contact Joy Prospal at (630) 443-6910 x177 to adjust your delivery amounts so that you are able to use up all of your leftovers