



# SUPPER MENU NOVEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>01 Chicken Dippers</b> 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 <input type="text"/> # of Leftovers <input type="text"/>	<b>02 Nacho Day</b> 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 <input type="text"/> # of Leftovers <input type="text"/>	<b>03 Orange Breakfast</b> Cheerios, 1oz Peach Yogurt, 4oz Cheese Cubes, 1oz Carrots, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>
<b>06 Flatbread Pizza</b> Whole Wheat Flatbread, 2oz Mozzarella Cheese, 2oz Turkey Pepperoni, 1oz Marinara Sauce, 1oz Pepper Slices, 1/4c Pear, 1/2c 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	<b>07 Sun Butter Sandwich</b> Sun Butter Sandwich, 2.8oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Pear, 1/2c Pretzel, .75oz 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	<b>08 Ham &amp; Cheese on Roll</b> Turkey Ham, 2oz Muenster Cheese, 1oz Pretzel Roll, 2oz Broccoli, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	<b>09 Grab &amp; Go</b> 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 <input type="text"/> # of Leftovers <input type="text"/>	<b>10</b>  <b>No Meals Delivered</b>
<b>13 Turkey Croissant</b> 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 <input type="text"/> # of Leftovers <input type="text"/>	<b>14 Bagel and Shmear</b> 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 <input type="text"/> # of Leftovers <input type="text"/>	<b>15 It's Brunch Time!</b> Hardboiled Egg, 1ea Strawberry Yogurt, 4oz Blueberry Muffin, 2oz Grape Tomatoes, 1/2c Orange, 1/2c 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	<b>16 Cracker Stacker</b> Beef Salami, 1oz Cheddar Cheese, 1oz Whole Grain Crackers, 1oz (4pk) Carrots, 1/2c Pineapple Tidbits, 1/2c Ranch & Mustard Packet, 1ea 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	
<b>20 Southwest Wrap</b> 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 <input type="text"/> # of Leftovers <input type="text"/>	<b>21 Orange Breakfast</b> Cheerios, 1oz Peach Yogurt, 4oz Cheese Stick 1oz Carrots, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	<b>22</b> <span style="margin-left: 100px;"><b>23</b></span> <span style="margin-left: 100px;"><b>24</b></span>  <b>Happy Thanksgiving</b>  <b>NO MEALS DELIVERED</b>  		
<b>27 Build it Day!</b> WW Cinnamon Bagel, 2oz Blueberry Yogurt, 4oz Sunflower Seeds, 1oz Raisins, 1/2c Celery, 1/2c Strawberry Cream Cheese, 1ea 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	<b>28 Grab &amp; Go</b> Turkey Bites, 1oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Applesauce Cup, 1/4c Whole Grain Bread Stick, 1oz Ranch Dressing, 1ea 1% White Milk 8oz <input type="text"/> # of Leftovers <input type="text"/>	<b>29 Sun Butter Sandwich</b> Sun Butter Sandwich, 2.8oz Mozzarella Cheese Stick, 1oz Carrots, 1/2c Pear, 1/2c Pretzel, .75oz 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	<b>30 Ham &amp; Cheese on Roll</b> Turkey Ham, 2oz Muenster Cheese, 1oz Pretzel Roll, 2oz Broccoli, 1/2c Orange, 1/2c Ranch Dressing, 1ea 1% White Milk, 8oz <input type="text"/> # of Leftovers <input type="text"/>	

**\*\* 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.**