



Messiah Lutheran
Preschool and
Kindergarten
With Before and After School Care

Lunch - November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Nuggets Mashed potatoes Broccoli Bananas Bread MILK	Turkey Ham Wrap Lettuce Cheese Carrot coins Melon Tortilla MILK	Mini Corn Dogs Sliced Potatoes Cauliflower Oranges MILK	PIZZA DAY FRUIT CARROTS MILK
7	8	9	10	11
Turkey Hot Dog Sweet Potato Fries Carrots Oranges Bun MILK	CLOSED	Turkey/Gravy Mashed Potatoes Carrot Coins Honeydew Corn Bread MILK	Beef Tacos Lettuce Cheese Refried Beans Apples Tortilla MILK	PIZZA DAY FRUIT CARROTS MILK
14	15	16	17	18
Chicken Nuggets Pasta Cabbage Oranges Bread MILK	Turkey/Gravy Rice Green Peas Bananas Rolls MILK	Mac and Cheese Broccoli Pears Bread MILK	Egg/Ham Frittata Pancakes Squash Applesauce MILK	PIZZA DAY FRUIT CARROTS MILK
21	22	23	24	25
BBQ Turkey Rice Peas/Carrots Applesauce Roll MILK	Meatballs Pasta Green Beans Bananas Roll MILK	CLOSED	CLOSED	CLOSED
28	29	30		
Mostaccioli Carrots Applesauce Bread MILK	Chicken Nuggets Mashed potatoes Broccoli Bananas Bread MILK	Turkey Ham Wrap Lettuce Cheese Carrot coins Melon Tortilla		



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