



TAMAQUA

NOVEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Assorted Cereal Juice/Milk Breaded Chicken Buttered Pasta Baked Beans Choice of Fruit	4 French Toast Sticks Juice/Milk Meatballs in Gravy Mashed Potatoes Garlic Sticks Steamed Corn Choice of Fruit	5 Yogurt/Mini Loaf Juice/Milk French Toast Sticks Hash Brown Sausage Link Steamed Carrots Choice of Fruit	6 Pancakes w/Syrup Juice/Milk Mac & Cheese Breaded Chicken Stewed Tomatoes Choice of Fruit	7 Assorted Cereal Juice/Milk Hamburger on a Bun French Fries Steamed Peas Choice of Fruit
10 Assorted Cereal Juice/Milk Breaded Chicken Brown Rice Broccoli Fruit	11 French Toast Sticks Juice/Milk Cheese Ravioli w/Sauce Garden Salad W G Roll Corn Choice of Fruit	12 Yogurt/Mini Loaf Juice/Milk Chicken Cruncher Baby Cake Potatoes Baked Beans Choice of Fruit	13 Waffles w/Syrup Juice/Milk Cheese Pizza Tortilla Chips Mixed Vegetables Choice of Fruit	14 Assorted Cereal Juice/Milk Cheesy Breadsticks Garden Salad Green Beans Choice of Fruit
17 Assorted Cereal Juice/Milk Popcorn Chicken Mashed Potatoes W G Roll Steamed Corn Choice of Fruit	18 Pancakes w/Syrup Juice/Milk Taco Tuesday Tortilla Chips Cheese & Salsa Brown Rice Beans Choice of Fruit	19 Yogurt/Mini Loaf Juice/Milk Buttered Pierogis W G Roll String Cheese Steamed Carrots Choice of Fruit	20 Egg & Cheese Sandwich Juice/Milk Turkey in Gravy Mashed Potatoes Steamed Corn W G Dinner Roll Baked Apples	21 Assorted Cereal Juice/Milk Mac & Cheese Breaded Chicken Stewed Tomatoes Choice of Fruit
24 Assorted Cereal Juice/Milk Chicken Patty Scallop Potatoes Green Beans Choice of Fruit	25 French Toast Sticks Juice/Milk Meatballs in Sauce Buttered Pasta Steamed Corn Choice of Fruit	26 Yogurt/Mini Loaf Juice/Milk Cheese Pizza Garden Salad Steamed Broccoli Choice of Fruit	27 	28 
PROGRAM CLOSED				
All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.				Menu Subject to Change