

November Menu TJS 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31 Mandarin Pumpkin, Franken Cereal, Grape Ghoulish Smoothie Lunch: Mummy Hot Dog, Fresh Carrot/Zucchini Fingers, Eye Ball Grapes	1 Pancakes, Turkey Sausage, Pears, Juice Lunch: Fish Sticks, Green beans, & Applesauce	2 Blueberry or Chocolate Chip Muffin, Apple Orange smoothie, & Mandarin Oranges Lunch: Hamburgers on W/G Bun, Prince Blend, Pineapple	3 French Toast, Turkey Bacon, Strawberries/grapes & juice Lunch: Chicken Fajita (onions & peppers), W/G Tortilla, Black beans, Peaches	4 Breakfast Pizza, Hashbrown, Mixed Fruit & Juice Lunch: Pasta Pizza Hotdish, w/g roll, Carrots/Peas, Orange Slices
7 Cereal, Strawberry/Banana Smoothie, & Peaches Lunch: Tater Tot Hotdish, W/G Roll, Fruit Cocktail	8 Digital Learning Day	9 Banana Muffins or Chocolate Chip Banana Muffin, Mango Pineapple Smoothie, & Banana Lunch: Baked Chicken, Red Beans, Brown Rice, Greens, Mandarin Oranges	10 Turkey Sausage, Biscuit, Pineapple & Juice Lunch: Pizza wg, Snap Peas, & Mango	11 Parfait, granola bites & Juice Lunch: Chicken Sandwich wg, waffle fries, & apples
14 Poptart, Strawberry Citrus Smoothie, & Fruit Cocktail Lunch: Chicken BBQ wg Wrap, Sweet Potato Tot, Peaches	15 Pancakes, Turkey link, Pears, Juice Lunch: Mac & Cheese, Peas, Applesauce	16 Scone, Mandarin Oranges, & Raspberry Peach Smoothie Lunch: Burrito Bowl, Black beans, Corn, Spanish Rice, Pineapples	17 French Toast, Turkey Bacon, Fresh Fruit, Juice Lunch: Turkey, Gravy, Mashed Potatoes, Roll, Oranges	18 NO SCHOOL
21 Bagel, Pears & Orange Smoothie, Peaches Lunch: Chicken Alfredo, Blend Capri, Fruit Cocktail	22 Pancakes, Turkey Sausage, Plums, Juice Lunch: Potato Bar w/ toppings, Chili, Corn Bread, Pineapple	23 Digital Learning Day	24 NO SCHOOL	25 NO SCHOOL
28 Oatmeal, Wild Blueberry Smoothie, Fruit Cocktail, Juice Lunch: Chicken Nuggets wg, Cooked Carrots, Peaches	29 Pancakes, Turkey link, Apples, Juice Lunch: Lo Mein wg w/ Blended Veggies, Pears	30 Pumpkin Muffin, Strawberry/Banana Smoothie, Mandarin Oranges Lunch: Sloppy Joes, w/g bun, Roasted Potatoes, Applesauce	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> THANKSGIVING BREAK </div>	

Milk is offered for Breakfast and Lunch Daily (1% White or 1 % Chocolate)

Salad Bar Daily

If you have any questions or concerns about the menu, please contact Shannon (shannong@thejourneyschool.org)

“This Institution is an Equal Opportunity Provide”