

Parish Day School Menu November 2023

	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
Early AM Snack			Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack			Oyster crackers Apples Rm's 13&20 Saltine cracker	Graham crackers Bananas Rm's 13&20 Kroger brand	Pumpkin bread Milk Rm's 13&20 Fruit and cereal bar
Lunch (with skim milk)			Macaroni and cheese Broccoli Pears	Beef tacos Corn and beans Mixed fruit	Turkey and cheese on wheat bread Cucumbers Oranges
PM Snack			Cheese crackers Apple juice Rm 20 Kroger brand	Wheat Saltine Cheese	Managers choice Apple juice


All highlighted items contain or may contain traces of egg.

Blue highlight items are on the menu and served in other rooms. An egg free substitute will be served to room 13 and 20.

Yellow highlight items are served in room 13 and/or 20 and cannot be substituted.

Menu is subject to change due to availability.
Managers choice may consist of any snack on the menu.

Parish Day School Menu November 2023

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Cheerios Milk	PDS closed Veterans day
AM Snack	Ritz crackers Cheese sticks	Wheat crackers Pickles	Animal crackers Oranges Rm's 13&20 Fig bars	Graham crackers Bananas Rm's 13&20 Kroger brand	
Lunch (with skim milk)	Fish sticks Wheat roll Green beans peaches	Beef and noodles Peas Pineapple	Cheese quesadillas Corn Pears	Ham and cheese on wheat bread Cucumbers Apples	
PM Snack	Oyster crackers Apple juice Rm 20 Saltine cracker	Vanilla wafers Bananas Rm 20 Kroger brand	Cheese crackers Apple juice	Wheat Saltine cracker Cheese	

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Parish Day School Menu November 2023

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack	Wheat saltines Cheese	Cheese crackers Oranges Rm's 13&20 Kroger brand	Ritz crackers Apples	Vanilla wafers Bananas	Apple sauce Goldfish
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Grilled cheese Tomato soup Mixed fruit	Macaroni and cheese Broccoli Pears	Chicken ranch wraps Cucumbers Fruit	Turkey and cheese on wheat bread Carrots Apples
PM Snack	Graham crackers Apple juice	Animal crackers Rm 20 Fig bar Bananas	Oyster crackers Apple juice	Wheat crackers Cheese stick	Manager choice Apple juice


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Parish Day School Menu November 2023

	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	PDS Closed	PDS Closed	PDS Closed
AM Snack	Wheat cracker Cheese sticks	Ritz crackers Yogurt			
Lunch (with skim milk)	Spaghetti with meat sauce Green beans Pears	Ham and cheese on wheat bread Cucumbers Apples			
PM Snack	Animal cracker Apple juice Rm 20 Fig bar	Managers choice			

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Parish Day School Menu November 2023

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack	Wheat saltine Cheese	Cheese crackers Oranges Rm's 13&20 Kroger brand	Ritz crackers Apples	Vanilla wafers Banana	Pumpkin bread Apples Rm's 13&20 Fruit and grain cereal bars
Lunch (with skim milk)	Tyson chicken nuggets Green beans Applesauce	Ham and cheese wrap Cucumber Fruit	Baked ziti Salad Mixed fruit	Chicken ranch wraps Broccoli Mix fruit	Turkey and cheese on wheat bread Carrots Oranges
PM Snack (with water unless otherwise noted)	Graham crackers Apple juice Rm 20 Kroger brand	Animal crackers Banana Rm 20 Fig bar	Wheat crackers Apple juice	Oyster crackers Cheese stick Rm 20 Saltine crackers	Managers choice Apple juice

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