



Merritt Academy Lunch Menu November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Macaroni, Green Peas, Roll, Fresh Melon & Milk Ritz Crackers Cheese Cubes* Granny Smith Apples+	2 Fish Patty on a Bun w/Cheese*, Tomato+, Banana & Milk Rice Cakes+ Applesauce	3 Soup and Sandwich: Turkey Wraps w/Cheese*, Chips+, Coin Carrots, Diced Pears & Milk Soup: Chicken Noodle Fig Newtons Mandarin Oranges
6 Meatless Monday: Cheese Pizza*, Mixed Vegetables, Sliced Peaches & Milk Cheezits+ Diced Pears	7 Sloppy Joe on Whole Wheat Bun, Peas, Pineapple Tidbits & Milk Carrots+ Ranch Dressing* Mandarin Oranges	8 Chicken Nuggets, Corn, Tropical Fruit & Milk Sliced Peaches Yogurt*	9 Thanksgiving Dinner: Turkey w/Gravy, Mashed Potatoes*, Green Beans, Roll, Applesauce & Milk Hummus with Pretzels+ Fuji Apples+	10 Soup and Sandwich: Beef Meatball* Sub w/ Shredded Mozzarella Cheese*, Chips+, Diced Pears & Milk Soup: Vegetable Lorna Doones Banana
13 Meatless Monday: Baked Mac & Cheese*, Peas, Applesauce & Milk Animal Crackers Anjou Pears+	14 Chicken Tenders, Corn, Diced Peaches & Milk String Cheese* Granny Smith Apples+	15 Breakfast for Lunch: Pancakes* w/Syrup, Turkey Sausage Patty, Mandarin Oranges & Milk 'Nilla Wafers Pudding*	16 Cheddar Cheese* on a Whole Wheat Bun, Coin Carrots, Pineapple Chunks, & Milk Mini Blueberry Muffins Tropical Fruit	17 Soup and Sandwich: Chicken Patty on a Whole Wheat Bun, Lettuce+, Tomato+, Chips+, Sliced Peaches & Milk Soup: Tomato* Banana Apple Cinnamon Cheerios
20 Meatless Monday: Spaghetti w/Marinara, Roll, Green Beans, Mandarin Oranges & Milk. Mini Bagels+ w/ Cream Cheese* Pineapple Tidbits	21 Mini Turkey Corndogs, Corn, Fresh Melon & Milk Rice Chex Cereal Red Delicious Apples+ Yogurt	22 Beef Ravioli*, Succotash, Applesauce & Milk Goldfish Diced Pears	23 MERRITT CLOSED FOR THANKSGIVING HOLIDAY 	24 MERRITT CLOSED FOR THANKSGIVING HOLIDAY 
27 Meatless Monday: Cheese Tortellini* w/Marinara Sauce, Roll, Succotash, Pineapple Chunks & Milk Sliced Peaches Graham Crackers	28 Taco Tuesday: Ground Beef, Tortilla Chips+, Salsa+, Lettuce+, Cheese*, Corn, Fresh Cantaloupe & Milk Rice Cakes+ Applesauce Carrot Sticks+ w/Ranch Dressing*	29 Chicken Nuggets, Mixed Vegetables, Sliced Peaches, & Milk Tortilla Chips+ w/Salsa+ Pineapple Chunks	30 Breakfast for Lunch: Waffles* w/Syrup, Pork Sausage Patty, Applesauce & Milk Nutrigrain Bars Anjou Pears+	Dec. 1 Soup and Sandwich: Turkey on a Whole Wheat Bun, Lettuce+, Tomato+, Fresh Melon & Milk Soup: Chicken Noodle Hummus & Pretzels+ Diced Pears

*Items marked with an asterisk may contain dairy; Note: Most bread items are made with milk. +Items marked + Vegetable Substitution VEGGIES AND FRUITS MAY BE SUBSTITUTED WITHOUT NOTICE. += MENU ITEMS WILL BE SUBSTITUTED BASED ON CLASSROOM AGE GROUPS AND EATING ABILITY. Menu items may be subject to change based on suppliers and seasonality of produce