

Courtyard School Menu **NOVEMBER 2023** -Food Supervisor-Mr. Lewis D'Ippolito
Lunches Provided by Big John's Pizza Queen, Vineland, NJ

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 9:30 am	¾ oz. Cereal* ¾ Cup of Milk Banana	Waffles 1 oz. of Syrup ¾ Cup of Milk 4oz Juicy Juice	¾ oz. Cereal Banana ¾ Cup of Milk	½ Whole Wheat Bagel 1oz Cream Cheese ¾ Cup of Milk 4oz Juicy Juice	4 oz. Yogurt ¾ Cup of Milk or 4oz Juicy Juice Banana
Snack 3:00 pm	1.5 oz Goldfish Crackers 4 oz. Applesauce or 1/2 Cup of Milk	½ cup fresh fruit ½ Cup of Milk Crackers or Snack Mix	Whole Wheat Crackers Cheddar Cheese ½ Cup of Juice	4 oz. Applesauce 1 ½ oz. Chex Mix ½ Cup of Milk	½ cup fresh fruit ½ Cup of Milk Crackers or Snack Mix

Lunches: Served 12:15 PM & with milk (¾ cup) and fresh fruit (apples, oranges, bananas)

NOVEMBER 1 - Chicken Nuggets (1.5 oz), Carrots (1/4 cup), ½ slice WG bread

2 - Turkey & Cheese (1 ½ oz.) on WG bread ; Veggie Sticks (1/4 cup)

3 – WG Macaroni & Cheese (1 ½ oz.) & Mixed Vegetables(1/4 cup)

6– Beef cheeseburger (1 ½ oz.) on WG Bun ; French Fries (1/4 cup)

November 7 – 10 School Closed

13 - WG Pasta (1/2 cup) with Meat sauce (1 ½ oz); Mixed Vegetables (1/4 cup)

14 – WG Cheese Pizza; Salad (1/2 Cup)

15 – WG French Toast Sticks (1 ½ oz.) & *Sausage patty (1 ½ oz.)

16 – WG Grilled Cheese(1 ½ oz.); Tator Tots (1/4 cup)

17 – WG Chicken Stromboli (1 ½ oz.); Salad (1/2 cup)

20 – Pasta Alfredo with Chicken (1.5 oz.); Broccoli ¼ cup

21 – Ham & Cheese on WG bread (1 ½ oz) & Veggie Sticks (1/4 cup)

22 - *Meatballs on WG bun (1 ½ oz.) ; Mixed Vegetables (1/4 cup)

23 & 24– **SCHOOL CLOSED – Happy Thanksgiving**

27 - Chicken Nuggets (1.5 oz), Carrots (1/4 cup), ½ slice WG bread

28 - Baked Chicken (1 ½ oz.); Green beans (1/4 cup) ½ slice WG Bread

29 – Chicken Patty (1.5 oz.) on WG Bun, Broccoli (1/4 cup)

30 – Beef Cheeseburger (1 ½ oz.) on WG Bun; French fries (1/4 cup)



NOTES:

Dressings for salad and veggie sticks either Italian or Ranch

*VARIETY OF CEREALS SERVED: **CHEERIOS, RICE KRISPIES, KIX, BRAN FLAKES, CORN FLAKES**

½ Cup of fruit consists of a combination of two of the following fruits. Apples, Bananas and or Orange

*This item contains pork products.

We use **WHOLE GRAINS (WG)**