|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **31 OCTOBER** | **1 TUE** | **2 WED** | **3 THURS** | **4 FRI** |
|  | Day 2HAM OMELETor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*TATOR TOT HOTDISHVEGGIESFRUIT | Day 3**HEALTHY HUMP DAY**STRAWBERRY SMOOTHIE, HOMEMADE GRANOLAor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*CHICKEN NOODLE SOUPOYSTER CRACKERSGARLIC BREADFRUIT | Day 4“RIPP” GRIDDLEor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*ANDY’S FAVORITE BUFFALO CHICKENMAC & CHEESECAESAR SALADFRUIT | Day 1CHOCOLATE DONUTor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*JAVIER’S BEEF BURRITO BOWLw/ALL THE TOPPINGSPINTO BEANSRICEFRUIT |
| **7 MON** | **8 TUE** | **9 WED** | **10 THURS** | **11 FRI** |
| Day 2CINNAMON BUTTER TOASTor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*CHICKEN TACO BAKEw/ALL THE TOPPINGSFRUIT | Day 3BANANA BREAD or CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*SMOKED PULLED PORK SANDWICHSUN CHIPSPICKLES AND FRUIT | Day 4**HEALTHY HUMP DAY**WHOLE WHEAT PANCAKES, SYRUP & TURKEY SAUSAGEor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*FLATBREAD PIZZASTRAWBERRY BANANA SALADCUCUMBERS & BABY CARROTSRANCH DIP | Day 1DONUTYOGURTor CEREAL, FRUIT, JUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*CHEESEBURGERFRENCH FRIESFRUIT COOKIE | NO SCHOOL |
| **14 MON** | **15 TUE** | **16 WED** | **17 THURS** | **18 FRI** |
| Day 2SCRAMBLED EGGS, AMERICAN FRIESor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*HAMBURGER GRAVYMASHED POTATOESVEGGIESFRUIT | Day 3BANANA CHOCOLATE CHIP MUFFIN & YOGURTor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*\*CHICKEN FINGERSVEGGIESFRUIT | Day 4**HEALTHY HUMP DAY**CHOCOLATE CHIP OATMEALor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*CHICKEN FAJITAw/ALL THE TOPPINGSFRUIT | Day 1**FARM2SCHOOL LUNCH**CINNAMON BUTTER TOASTor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*PULLED PORK SANDWICHCOLESLAWFRUIT | Day 2CHOCOLATE DONUTYOGURTor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*ITALIAN PIZZACAESAR SALADFRUIT |
| **21 MON** | **22 TUE** | **23 WED** | **24 THURS** | **25 FRI** |
| Day 3CINNAMON RAISIN BREADor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*KIM’S CALIFORNIA SKILLETVEGGIES FRUIT | Day 4BANANA BREADor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*HOT DOGTATOR TOTSCOWBOY BEANSFRUIT | Day 1PANCAKESor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*SOFT CHICKEN TACOSw/ALL THE TOPPINGSBLACK BEAN SALSAFRUITCOOKIE | NO SCHOOL | NO SCHOOL |
| **28 MON** | **29 TUE** | **30 WED** |  |  |
| Day 2SAUSAGE, EGG & CHEESE or CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*CHICKEN FRIED RICESTIR FRY VEGGIESMANDARIN SALADFORTUNE COOKIE | Day 3DONUTor CEREAL, FRUITJUICE & MILK\*\*\*\*\*\*\*\*\*\*\*\*GOULASHGARLIC BREADGARDEN SALADFRUIT | Day 4***MYSTERY DAY!***\*\*\*\*\*\*\*\*\*\*\* |  |  |

Rippleside GLUTEN-FREE November 2022 Menu

% OR CHOC MILK OFFERED DAILY FOR BKFT AND LUNCH**.** LACTOSE MILK OFFERED UPON PARENT REQUEST.

JUICE AND FRUIT OFFERED WITH EACH BKFT and CEREAL INSTEAD OF BREAKFAST ENTRÉE. ALA CARTE MILK/JUICE $.40

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

**THIS IS AN EQUAL OPPORTUNITY PROVIDER**