|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **31 OCTOBER** | **1 TUE** | **2 WED** | **3 THURS** | **4 FRI** |
|  | Day 2  HAM OMELET  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  TATOR TOT HOTDISH  VEGGIES  FRUIT | Day 3  **HEALTHY HUMP DAY**  STRAWBERRY SMOOTHIE, HOMEMADE GRANOLA  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  CHICKEN NOODLE SOUP  OYSTER CRACKERS  GARLIC BREAD  FRUIT | Day 4  “RIPP” GRIDDLE  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  ANDY’S FAVORITE BUFFALO CHICKEN  MAC & CHEESE  CAESAR SALAD  FRUIT | Day 1  CHOCOLATE DONUT  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*  JAVIER’S BEEF BURRITO BOWL  w/ALL THE TOPPINGS  PINTO BEANS  RICE  FRUIT |
| **7 MON** | **8 TUE** | **9 WED** | **10 THURS** | **11 FRI** |
| Day 2  CINNAMON BUTTER TOAST  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  CHICKEN TACO BAKE  w/ALL THE TOPPINGS  FRUIT | Day 3  BANANA BREAD  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  SMOKED PULLED PORK SANDWICH  SUN CHIPS  PICKLES AND FRUIT | Day 4  **HEALTHY HUMP DAY**  WHOLE WHEAT PANCAKES, SYRUP & TURKEY SAUSAGE  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  FLATBREAD PIZZA  STRAWBERRY BANANA SALAD  CUCUMBERS & BABY CARROTS  RANCH DIP | Day 1  DONUT  YOGURT  or CEREAL, FRUIT, JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  CHEESEBURGER  FRENCH FRIES  FRUIT  COOKIE | NO SCHOOL |
| **14 MON** | **15 TUE** | **16 WED** | **17 THURS** | **18 FRI** |
| Day 2  SCRAMBLED EGGS, AMERICAN FRIES  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  HAMBURGER GRAVY  MASHED POTATOES  VEGGIES  FRUIT | Day 3  BANANA CHOCOLATE CHIP MUFFIN & YOGURT  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*\*  CHICKEN FINGERS  VEGGIES  FRUIT | Day 4  **HEALTHY HUMP DAY**  CHOCOLATE CHIP OATMEAL  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  CHICKEN FAJITA  w/ALL THE TOPPINGS  FRUIT | Day 1  **FARM2SCHOOL LUNCH**  CINNAMON BUTTER TOAST  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  PULLED PORK SANDWICH  COLESLAW  FRUIT | Day 2  CHOCOLATE DONUT  YOGURT  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  ITALIAN PIZZA  CAESAR SALAD  FRUIT |
| **21 MON** | **22 TUE** | **23 WED** | **24 THURS** | **25 FRI** |
| Day 3  CINNAMON RAISIN BREAD  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  KIM’S CALIFORNIA SKILLET  VEGGIES  FRUIT | Day 4  BANANA BREAD  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  HOT DOG  TATOR TOTS  COWBOY BEANS  FRUIT | Day 1  PANCAKES  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  SOFT CHICKEN TACOS  w/ALL THE TOPPINGS  BLACK BEAN SALSA  FRUIT  COOKIE | NO SCHOOL | NO SCHOOL |
| **28 MON** | **29 TUE** | **30 WED** |  |  |
| Day 2  SAUSAGE, EGG & CHEESE  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  CHICKEN FRIED RICE  STIR FRY VEGGIES  MANDARIN SALAD  FORTUNE COOKIE | Day 3  DONUT  or CEREAL, FRUIT  JUICE & MILK  \*\*\*\*\*\*\*\*\*\*\*\*  GOULASH  GARLIC BREAD  GARDEN SALAD  FRUIT | 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**