



# November 2017 GBS Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		Cereal & Milk 1 Cheese Quesadillas Cucumber Apples Tortilla chips, Salsa & Milk	Yogurt, Banana, & Water 2 Penne w/ Meatballs & Marinara Sauce Broccoli Grapes Graham crackers & Cream cheese	Cereal & Milk 6 Cheesy Chicken & Rice Black beans Mixed Fruit Oranges & Cheese sticks
Cereal & Milk 6 Mac and Cheese Broccoli Peaches Rice Krispie Treats & Bananas	Bagels w/ cream cheese & Water 7 Turkey and cheese melt Carrots Apples Oranges & Cheez-its	Cereal & Milk 8 Chicken & Mashed Potatoes Green Beans Pineapple Yogurt & Graham Crackers	Muffins & Milk 9 Salisbury Steak & Bread Peas Banana Ritz crackers, cheese sticks	Cereal & Milk 10 Pizza Carrots Grapes Pineapple & Vanilla Wafers
Cereal & Milk 13 Chicken ziti alfredo Peas Oranges Graham Crackers & Milk	Danish & Milk 14 Crispy Chicken Sandwich Cucumber Grapes Fruit snacks & Yogurt	Cereal & Milk 15 Chicken fried rice Broccoli Pineapple Pretzels & Cheese Sticks	Waffles & Milk 16 Turkey w/ gravy & bread Corn Applesauce Goldfish & Apples	Cereal & Milk 17 Fish Sticks & Fries Carrots Banana Granola Bars & Milk
Cereal & Milk 20 Chicken nuggets & Fries Cucumber Grapes Crackers & Cheese Slices	French toast sticks & Milk 21 Meatballs w/ gravy & Rice Broccoli Peaches Veggie Straws & Oranges	Cereal & Milk 22 Grilled Turkey Sandwich Cucumber Banana Apple slices & cheez-its	23	24
Cereal & Milk 27 Chicken Noodle Soup w/ bread Mixed Veggies Pears Cheese Sticks & Goldfish	Muffins & Milk 28 Spaghetti & Meatballs Salad Grapes Granola bars & Milk	Cereal & Milk 29 Hot dog w/ bun Baked Beans Oranges Oranges & Vanilla Wafers	Pancakes & Milk 30 Chicken & Rice Peas Apples Cheese its & Bananas	

\*Milk is provided with all lunches

\*Menu items may be subject to change due to availability

\*Water is served with afternoon snack, unless otherwise noted

**Happy Thanksgiving!**

**Enjoy your long weekend!**