

SILVER STAR ACADEMY MENU NOVEMBER 2021

BREAKFAST ALL MORNINGS SERVED WITH MILK AND FRUIT, LUNCH SERVED WITH MILK, P.M. SNACK SERVED WITH WATER, SUPPER SERVED WITH MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. WHOLE WHEAT CEREAL WITH MILK AND FRUIT FIDEO SOUP WITH CHICKEN AND FRUIT & GREEN BEANS YOGURT & FRESH ORANGES STEAK FINGERS WITH CORN AND FRUIT	2. WAFFLES WITH FRESH STRAWBERRIES MACARONI & CHEESE WITH HAM & CORN & FRUIT STRING CHEESE & SALTINE CRACKERS HAM CHEESE SANDWICHES WITH CARROTS AND FRUIT	3. BLUEBERRY MUFFIN WITH YOGURT AND FRUIT SPAGHETTI WITH BEEF WITH VEGETABLES & FRUIT FRESH STRAWBERRIES & CHEX MIX CHICKEN STRIPS WITH CORN AND FRUIT	4. FRENCH TOAST WITH FRUIT AND MILK BEEF TAQUITOS & CORN & FRUIT FRESH BANANAS & GOLD FISH CRACKERS GRILLED CHEESE SANDWICH AND FRUIT & GREEN BEANS	5. PANCAKES & PINEAPPLES CHICKEN NUGGETS AND MASHED POTATOS WITH FRUIT & GREEN BEANS APPLE SAUCE & TORTILLA CHIPS MINI CORN DOGS WITH GREEN BEANS FRUIT
8. WHOLE WHEAT CEREAL WITH MILK AND FRUIT BEEF TAQUITOS & CORN & FRUIT YOGURT & FRESH ORANGES STEAK FINGERS WITH CORN AND FRUIT	9. WAFFLES WITH FRESH STRAWBERRIES MACARONI & CHEESE WITH HAM & CORN & FRUIT STRING CHEESE & SALTINE CRACKERS HAM CHEESE SANDWICHES WITH CARROTS AND FRUIT	10. STRAWBERRY JELLY TOAST WITH FRUIT COCKTAIL SPAGHETTI WITH BEEF WITH VEGETABLES & FRUIT FRESH STRAWBERRIES & CHEX MIX CHICKEN STRIPS WITH CORN AND FRUIT	11. FRENCH TOAST WITH FRUIT AND MILK RICE WITH CHICKEN AND FRUIT & GREEN BEANS FRESH BANANAS & GOLD FISH CRACKERS GRILLED CHEESE SANDWICH AND FRUIT & GREEN BEANS	12. PANCAKES & PINEAPPLES GRILLED CHEESE SANDWICH AND FRUIT & GREEN BEANS APPLE SAUCE & TORTILLA CHIPS MINI CORN DOGS WITH GREEN BEANS FRUIT
15. WHOLE WHEAT CEREAL WITH MILK AND FRUIT CHICKEN ALFREDO WITH VEGETABLES & FRUIT YOGURT & FRESH ORANGES STEAK FINGERS WITH CORN AND FRUIT	16. WAFFLES WITH FRESH STRAWBERRIES MEAT BALLS WITH RICE & FRUIT & GREEN BEANS STRING CHEESE & SALTINE CRACKERS HAM CHEESE SANDWICHES WITH CARROTS AND FRUIT	17. STRAWBERRY JELLY TOAST WITH FRUIT COCKTAIL BEEF TAQUITOS & CORN & FRUIT FRESH STRAWBERRIES & CHEX MIX CHICKEN STRIPS WITH CORN AND FRUIT	18. FRENCH TOAST WITH FRUIT AND MILK TURKEY WITH FRUIT AND VEGETABLES FRESH BANANAS & GOLD FISH CRACKERS GRILLED CHEESE SANDWICH AND FRUIT & GREEN BEANS	19. PANCAKES & PINEAPPLES CHICKEN NUGGETS AND MASHED POTATOS WITH FRUIT & GREEN BEANS APPLE SAUCE & TORTILLA CHIPS MINI CORN DOGS WITH GREEN BEANS FRUIT
22. WHOLE WHEAT CEREAL WITH MILK AND FRUIT BEEF TAQUITOS & CORN & FRUIT YOGURT & FRESH ORANGES STEAK FINGERS WITH CORN AND FRUIT	23. WAFFLES WITH FRESH STRAWBERRIES SPAGHETTI WITH BEEF WITH VEGETABLES & FRUIT STRING CHEESE & SALTINE CRACKERS HAM CHEESE SANDWICHES WITH CARROTS AND FRUIT	24. STRAWBERRY JELLY TOAST FRUIT COCKTAIL GRILLED CHEESE SANDWICH AND FRUIT & GREEN BEANS FRESH STRAWBERRIES & CHEX MIX CHICKEN STRIPS WITH CORN AND FRUIT	25. FRENCH TOAST WITH FRUIT AND MILK FIDEO SOUP WITH CHICKEN AND FRUIT & GREEN BEANS FRESH BANANAS & GOLD FISH CRACKERS GRILLED CHEESE SANDWICH AND FRUIT & GREEN BEANS	26. PANCAKES & PINEAPPLES GRILLED CHEESE SANDWICH AND FRUIT & GREEN BEANS APPLE SAUCE & TORTILLA CHIPS MINI CORN DOGS WITH GREEN BEANS FRUIT
29. WHOLE WHEAT CEREAL WITH MILK AND FRUIT FIDEO SOUP WITH CHICKEN AND FRUIT & GREEN BEANS YOGURT & FRESH ORANGES STEAK FINGERS WITH CORN AND FRUIT	30. WAFFLES WITH FRESH STRAWBERRIES MACARONI & CHEESE WITH HAM & CORN & FRUIT STRING CHEESE & SALTINE CRACKERS HAM CHEESE SANDWICHES WITH CARROTS AND FRUIT			