



Benjamin Preparatory School

NOVEMBER Menu 2017

The Benjamin Preparatory School

V=Vegetarian

ALL SIDES ARE INCLUDED IN THE VEGETARIAN MEAL ENTRÉE

Breakfast:

Monday- Banana Bagel w/ Apple Slices*

Tuesday- Fruit and Cereal Bar w/ Banana

Wednesday- Cinnamon Raisin bagel w/ Cream Cheese, Oranges

Thursday – Cheerios & Apple Slices*

Friday- Pancakes & Turkey Bacon w/ banana

Snacks:

MONDAY

AM: Graham Crackers

PM (1): Applesauce

PM (2): Organic Animal Crackers

TUESDAY

AM: Crackers with cheese

PM (1): Pears

PM (2): Goldfish

WEDNESDAY

AM: Fruit Yogurt

PM (1): Oranges

PM (2): Veggie Straws

THURSDAY

AM: Mandarin Oranges

PM (1): Cheez-Its

PM (2): Fruit and Yogurt Bars

FRIDAY

AM: Snack Mix

PM (1): Pineapple

PM (2): Apple Slices*

For Children 1 – 2yrs

* - Apple Sauce

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | 1 Four Cheese Pasta Fettucine Ginger Carrots Fruit | 2 Ground Turkey Mexican Lasagna Side Salad Fruit V=Veggie Lasagna | 3 Cranberry Chicken Salad In Pita Pocket Celery w/ ranch Fruit V=Garbanzo Bean Salad |
| 6 ½ Grilled Cheese Tomato Soup Fruit | 7 Chicken Tacos Corn Fruit V=Black Bean Tacos | 8 Honey Garlic Chicken Green Beans Fruit V=Honey Garlic Tofu | 9 Mozzarella topped meatballs Pasta & Marinara Cucumber & Tomato Salad Fruit V=Veggie Meatballs | 10 Papa John's Pizza Day Toss Salad shredded cheese and Fruit |
| 13 Mini Chicken Sliders Peas & Carrots Fruit V=Veggie Nuggets | 14 Turkey Taco Burrito Bowl w/ Ground Turkey & Black Beans Rice, Lettuce & Tomato, Cheese Fruit V=Veggie Taco Bowl w/ beans | 15 Teriyaki Glazed Chicken Brown Rice Italian Green Beans Fruit V=Teriyaki Glazed Veggie Chicken | 16 Thanksgiving Feast Turkey Ranch Club Wrap Veggie Dippers Animal Crackers Fruit V=Veggie & Cheese Wrap | 17 Chicken Noodle Soup Butter Rolls Kale Salad Fruit V=Veggie Chicken Noodle Soup |
| 20 Chili & Cheese (Ground Turkey) Crackers Side Salad Fruit V=Vegetarian Chili | 21 Black Bean & Cheese Quesadillas Corn Fruit | 22 (No School) | 23 (No School) | 24 (No School) |
| 27 Pizza Sliders w/ turkey pepperoni Cucumber rounds w/ ranch Fruit V=Cheese Pizza Sliders | 28 Chicken Nachos w/ cheese & lettuce Black Beans Fruit V=Nachos w/ cheese | 29 Baked Chicken Parmesan Pasta & Marinara Side Salad Fruit V=Eggplant parmesan | 30 Chicken & Waffles w/ syrup Mixed Greens Fruit V=Waffles & Yogurt | |

Morning snack served with milk. Second snack served with apple juice. All other snacks served with water.