

# NOVEMBER 2022 *Bransford Preschool and Headstart Lunch Menu*



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## MONDAY

### \* Grilled Cheese Sandwich

½ Cup Tator Tots  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

## TUESDAY

### Whole Grain Spaghetti and Meatsauce w/ WG Mozzarella Cheesy Breadstick

½ Cup Green Beans  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

## WEDNESDAY

### Popcorn Chicken With Whole Grain Breading

½ Cup Pinto Beans  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

## THURSDAY

### Whole Grain Cheese Pizza

½ Cup Corn  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

## FRIDAY

### Turkey Sandwich On Whole Grain Bread

½ Cup Oven Browned Potatoes  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

**NO SCHOOL**

7

**NO SCHOOL**

8

### BBQ Pulled Pork Sandwich On Whole Grain Bun

½ Cup White Beans  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

9

### WG Southwest Cheesy Pull Apart

½ Cup Green Beans  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

10

### Hamburger On a Whole Grain Roll

½ Cup French Fries  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

11

### Whole Grain Breaded Chicken

½ Cup Mashed Potatoes and Gravy  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

14

### Grilled Turkey and Cheese Sandwich On Whole Grain Bread

½ Cup Sweet Glazed Carrots  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

15

### Grilled Chicken Sandwich On a Whole Grain Roll

½ Cup French Fries  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

16

### WG Southwest Cheesy Pull Apart

½ Cup Corn  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

17

### Turkey and Gravy

1/3 cup Cornbread Dressing  
1/2 cup Mashed Potatoes  
½ Cup Fruit  
¼ cup Cranberry Sauce  
1 Cup 1% Sweet Acidophilus Milk

18

### Grilled Cheese On Whole Grain Bread

½ Cup Sweet Glazed Carrots  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

21

### WG Southwest Cheesy Pull Apart

½ Cup Green Beans  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

22

**No School Thanksgiving Holiday**

### Popcorn Chicken With Whole Grain Breading

½ Cup Pinto Beans  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

28

### Hamburger On a Whole Grain Roll

½ Cup French Fries  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

29

### Grilled Cheese On Whole Grain Bread

½ Cup Tator Tots  
½ Cup Fruit  
1 Cup 1% Sweet Acidophilus Milk

30

**Menus subject to change**  
**due to unforeseen circumstances**

For the most updated weekly menus by school please visit our Facebook page: RCS School Nutrition Program