



Training Depot November 2022

Mon	Tue	Wed	Thu	Fri
Lunches served w/ milk Snacks served with water	<p><i>LUNCHES PROVIDED BY FOOD 4 LIFE</i></p> <p><i>www.food4life caterer.com</i></p>			
	1. Roasted Chicken, Cheesy scallop potato, peas & carrots, cookie SNACKS Morning – Applesauce Afternoon - Vanilla Wafers	2. Soft beef & cheese taco, corn, pudding SNACKS Morning – Banana Afternoon –Honey Nut Cheerios	3. Hot Plate- King Ranch Casserole, green beans, cake SNACKS Morning – Yogurt Afternoon –Graham Crackers	4. Cheeseburger, mixed vegetables, mix fruit SNACKS Morning – Banana Afternoon – Animal Crackers
7. BBQ chicken, Mac & cheese, green beans, rice krispie treat SNACKS Morning – Banana Afternoon - Cheez its	8. Beef Frank, BBQ Beans, Cookie SNACKS Morning – Apple Sauce Afternoon –Goldfish	9. Turkey & cheese sandwich, mixed vegetables, pudding SNACKS Morning – Banana Afternoon – Capt Crunch	10. <i>Breaded</i> Chicken tender, broccoli, fruit SNACKS Morning – Yogurt Afternoon - Honey Nut Cheerios	11 Breaded steak fingers, gravy, mashed potatoes, pudding SNACKS Morning – Banana Afternoon –Graham Crackers
14. Chicken nuggets, broccoli, fruit SNACKS Morning – Banana Afternoon – Animal crackers	15. <i>Chicken & Dumplings, green beans, cake</i> <i>Snacks</i> <i>Morning- Apple Sauce</i> <i>Afternoon- Goldfish</i>	16. Soft chicken & cheese taco, black bean, cookie SNACKS Morning – Banana Afternoon – Cheez its	17 Meatballs w/brown gravy, mashed potato, fruit SNACKS Morning – Yogurt Afternoon – Capt Crunch	18. Fish sticks, rice, mix veggie, cookie SNACKS Morning – Banana Afternoon – Vanilla wafers
21 Chicken Tenders, green bean, fruit Snacks Morning - Banana Afternoon- Cheerios	22 Grilled Turkey & cheese sandwich, slice cucumber, cheez its Snacks Morning- Apple Sauce Afternoon- Animal crackers	23 Cheeseburger slider, bbq beans, sugar cookie Snacks Morning- Banana Afternoon- Vanilla wafers	24 CLOSED Happy Thanksgiving!	25 CLOSED Happy Thanksgiving!
28. Cheese tortellini w/ chicken and marina, peas & carrots, fruit SNACKS Morning – Banana Afternoon – Capt. Crunch	29 Penne w/beef, marinara, green beans, pudding Snacks Morning- Apple Sauce Afternoon- Vanilla Wafers	30. <i>Soft beef taco & cheese, pinto beans, fruit</i> <i>Snacks-</i> <i>Morning- Banana</i> <i>Afternoon- honey nut cheerios</i>		