Sparkles! Fair Oaks

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2**	**3**	**4**	**5**
Baked Chicken Nuggets 4 ea ½ oz Enriched Bread Slice Five-Way Hot Mixed Vegetables ¼ c Veggie: Baked Morningstar Chik Nuggets; Fresh Fruit	Kid Fav Mac N' Cheese ½ c Two-Way Hot (Peas & Corn) Mixed Vegetables ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	Chicken Fajita Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit	House Made Creamy Chicken Penne Alfredo ½ c Capri Mixed Vegetables ¼ c Veggie: Creamy Penne Alfredo Fresh or Chilled Fruit	Whole Grain Baked Chicken Tenders 3 ea ½ oz Enriched Bread Slice Fresh Green Beans ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit
8	**9**	**10**	**11**	**12**
Mini Four Cheese Ravioli w/ Marinara Sauce ½ c Sweet Hot Baby Peas ¼ c Veggie: Four Cheese Ravioli Fresh or Chilled Fruit	Fresh Grilled Beef Hamburger Patty on Whole Grain Bun 1 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Five-Way Hot Mixed Vegetables ¼ c; Veggie: Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce Fresh or Chilled Fruit
15	**16**	**17**	**18**	**19**
Baked Chicken Nuggets 4 ea ½ oz Enriched Bread Slice Fresh Baby Carrots ¼ c Capri Mixed Vegetables ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Two-Way Hot (Peas & Corn) Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Orange Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Freshly Sliced Cucumbers 3 ea w/ Creamy Ranch Dip Veggie: Veggie Orange Chik Strips; Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c Sweet Hot Baby Peas ¼ c Veggie: Italian Cavatappi w/ Marinara Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Hawaiian Balls over Rice; Fresh or Chilled Fruit
22	**23**	**24**	**25**	**26**
Kid Fav Mac N' Cheese ½ c Fresh Green Beans ¼ c Veggie: Mac & Cheese Fresh or Chilled Fruit	Salisbury Steak 1 ea & Gravy Creamy Mashed Potatoes ¼ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Morningstar Patty Fresh or Chilled Fruit	Whole Grain Baked Chicken Tenders 3 ea; ½ oz Enriched Bread Slice; Five-Way Hot Mixed Vegetables ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit	Thanksgiving Day Holiday	Thanksgiving Holiday
29	**30**			
"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Italian Meatball 3 ea Sub ½ ea Topped w/ Mozzarella Cheese California Blend Hot Mixed Vegetables ¼ c Veggie: Italian Meatless Ball Sub Fresh or Chilled Fruit	All lunches served with age appropriate milk, either 1% or whole milk.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Honeydew, Apple, Banana, Orange Wedges