November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Monday 11/02 **BREAKFAST** Donut, Fruit cup, Fruit juice **LUNCH** Chicken Bite Salad, Pita Bread, fruit	**Tuesday 11/03** **ELBC DAY**	**Wednesday 11/04** **BREAKFAST** Donut, Fruit cup, Fruit juice **LUNCH** Chicken Pita Flatbread, Baby Carrot Dipper, fruit	**Thursday 11/05** **BREAKFAST** Pop Tart, Fruit cup, Fruit juice **LUNCH** Chicken Ranch Wrap, Tomato Dipper, Cucumber Salad, Fruit	**Friday 11/06** **BREAKFAST** Cereal, Fruit Cup, Fruit Juice **LUNCH** Meatball Sub, Mashed Potato, Green Bean, Fresh Fruit
Monday 11/09 **BREAKFAST** Yogurt w/Granola Bar, Fruit cup, Fruit juice **LUNCH** Chicken Buffalo Dip, Tortilla Chip, Celery dipper, Fruit	**Tuesday 11/10** **BREAKFAST** Muffin w/String Cheese, Fruit Cup, Fruit Juice **LUNCH** Southwestern BLT Wrap w/Tortilla chip, Salsa, Corn dip, Fruit	**Wednesday 11/11** **BREAKFAST** Pop Tart, Fruit Cup, Fruit juice **LUNCH** Chicken Wrap, Romain Salad, Tomato Wedge Fresh Fruit	**Thursday 11/12** **BREAKFAST** Cereal Bar w/Yogurt, Fruit cup, Fruit juice **LUNCH** Italian wrap w/ WG Harvest Chip, Carrot, Corn dip, fruit	**Friday 11/13** **BREAKFAST** Cereal, Fruit cup, Fruit juice **LUNCH** Turkey Cobb Salad, Fresh Fruit
Monday 11/16 **BREAKFAST** Muffin w/String Cheese, Fruit cup, Fruit juice **LUNCH** Turkey Cheddar Sub, Romain salad, Carrot dipper, fruit	**Tuesday 11/17** **BREAKFAST** Pop Tart, Fruit cup, Fruit juice **LUNCH** Turkey Sandwich, Salsa w/Tortilla, Corn dip, WG Harvest Chip, Fruit	**Wednesday 11/18** **BREAKFAST** Donut, Fruit cup, Fruit juice **LUNCH** Chicken Pita Flatbread, Baby Carrot Dipper, fruit	**Thursday 11/19** **BREAKFAST** Cereal Bar Fruit Cup, Fruit Juice **LUNCH** Slice Turkey w/Roll, Stuffing, Green Bean Casserole, Roasted Sweet Potato, Peach Crisp	**Friday 11/20** **BREAKFAST** Muffin w/Yogurt, Fruit cup, Fruit Juice **LUNCH** Italian Sub, Pasta Salad, Cucumber Dipper, Fresh Fruit
Monday 11/23 **Holiday Break**	**Tuesday 11/24** **Holiday Break**	**Wednesday 11/25** **Holiday Break**	**Thursday 11/26** **Holiday Break**	**Friday 11/27** **Holiday Break**
Monday 11/30 **BREAKFAST** Muffin, Yogurt, Fruit cup, Fruit juice **LUNCH** Chicken Buffalo Dip, Tortilla Chip, Celery dipper, Fruit	**Tuesday 12/01** **BREAKFAST** Cereal Bar, Fruit Cup, Fruit Juice **LUNCH** Chicken Hoagie, Celery, Salsa Dip w/Tortilla, Fresh Fruit	**Wednesday 12/02** **BREAKFAST** Oatmeal Bar, Fruit Cup, Fruit juice **LUNCH** BLT Wrap, Spinach Salad, Cucumber Salad, fruit	**Thursday 12/03** **BREAKFAST** Donut, Fruit cup, Fruit juice **LUNCH** Chicken Tender Wrap, Pickled Carrot, Green Pea, Fresh Fruit	**Friday 12/04** **BREAKFAST** Cereal, Granola Bar, Fruit cup, Fruit juice **LUNCH** Deluxe Turkey Sandwich, WG Harvest Chip, Carrot Slaw, Corn dip, fruit

Please note menu is subject to change without prior notice. Utopian Academy Nutrition Department will always bring tasty & nutritious meals to each scholar. This institute is an equal opportunity provider under Federal and State Civil Rights and Equal opportunity for all. Contact nutrition@utopianacademy.com