

# SILVER STAR ACADEMY MENU NOVEMBER 2022

**BREAKFAST ALL MORNINGS SERVED WITH MILK AND FRUIT, LUNCH SERVED WITH MILK, P.M. SNACK SERVED WITH WATER, SUPPER SERVED WITH MILK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. WAFFLES WITH FRESH STRAWBERRIES</p> <p>MACARONI &amp; CHEESE WITH HAM &amp; CARROTS &amp; FRUIT COCKTAIL</p> <p>STRING CHEESE &amp; SALTINE CRACKERS</p> <p>HAM CHEESE SANDWHICHES WITH CARROTS AND FRUIT COCKTAIL</p>	<p>2. BLUEBERRY MUFFIN WITH YOGURT AND FRUIT</p> <p>FIDEO SOUP WITH CHICKEN AND FRUIT COCKTAIL &amp; CORN</p> <p>FRESH STRAWBERRIES &amp; CHEX MIX</p> <p>PIZZA ROLLS WITH CORN AND FRUIT COCKTAIL</p>	<p>3. FRENCH TOAST WITH FRUIT AND MILK</p> <p>MEAT BALLS WITH RICE &amp; FRUIT COCKTAIL &amp; CORN</p> <p>FRESH ORANGES &amp; GOLDFISH CRACKERS</p> <p>GRILLED CHEESE SANDWICH AND FRUIT COCKTAIL &amp; CORN</p>	<p>4. PANCAKES &amp; FRUIT CUPS</p> <p>CHICKEN NUGGETS AND MASHED POTATOS WITH FRUIT COCKTAIL &amp; GREEN BEANS</p> <p>APPLE SAUCE &amp; VEGGIE STRAWS</p> <p>MINI CORN DOGS WITH GREEN BEANS FRUIT COCKTAIL</p>
<p>7. WHOLE WHEAT CEREAL WITH MILK AND MANDARINS</p> <p>FIDEO SOUP WITH CHICKEN AND FRUIT COCKTAIL &amp; CORN</p> <p>YOGURT &amp; FRESH ORANGES</p> <p>CHICKEN STRIPS WITH CORN AND FRUIT COCKTAIL</p>	<p>8. WAFFLES WITH FRESH STRAWBERRIES</p> <p>CHICKEN ALFREDO WITH CORN &amp; FRUIT COCKTAIL</p> <p>STRING CHEESE &amp; SALTINE CRACKERS</p> <p>HAM CHEESE SANDWHICHES WITH CARROTS AND FRUIT COCKTAIL</p>	<p>9. BLUEBERRY MUFFIN WITH YOGURT AND FRUIT</p> <p>SPAGHETTI WITH BEEF WITH CORN &amp; FRUIT COCKTAIL</p> <p>FRESH STRAWBERRIES &amp; CHEX MIX</p> <p>PIZZA ROLLS WITH CORN AND FRUIT COCKTAIL</p>	<p>10. FRENCH TOAST WITH FRUIT AND MILK</p> <p>RICE WITH CHICKEN AND FRUIT COCKTAIL &amp; GREEN BEANS</p> <p>FRESH ORANGES &amp; GOLDFISH CRACKERS</p> <p>GRILLED CHEESE SANDWICH AND FRUIT COCKTAIL &amp; GREEN BEANS</p>	<p>11. PANCAKES &amp; FRUIT CUPS</p> <p>CORN DOGS WITH FRUIT COCKTAIL &amp; GREEN BEANS</p> <p>APPLE SAUCE &amp; VEGGIE STRAWS</p> <p>MINI CORN DOGS WITH GREEN BEANS FRUIT COCKTAIL</p>
<p>14. WHOLE WHEAT CEREAL WITH MILK AND MANDARINS</p> <p>CHICKEN ALFREDO WITH GREEN BEANS &amp; FRUIT COCKTAIL</p> <p>YOGURT &amp; FRESH ORANGES</p> <p>CHICKEN STRIPS WITH GREEN BEANS AND FRUIT COCKTAIL</p>	<p>15. WAFFLES WITH FRESH STRAWBERRIES</p> <p>MEAT BALLS WITH RICE &amp; FRUIT COCKTAIL &amp; CARROTS</p> <p>STRING CHEESE &amp; SALTINE CRACKERS</p> <p>HAM CHEESE SANDWHICHES WITH CARROTS AND FRUIT COCKTAIL</p>	<p>16. BLUEBERRY MUFFIN WITH YOGURT AND FRUIT</p> <p>SPAGHETTI WITH BEEF WITH CORN &amp; FRUIT COCKTAIL</p> <p>FRESH STRAWBERRIES &amp; CHEX MIX</p> <p>PIZZA ROLLS WITH CORN AND FRUIT COCKTAIL</p>	<p>17. FRENCH TOAST WITH FRUIT AND MILK</p> <p>THANKSGIVING LUNCHEON: TURKEY WITH GREEN BEANS, MASHED POTATOS, &amp; FRUIT COCKTAIL</p> <p>FRESH ORANGES &amp; GOLDFISH CRACKERS</p> <p>GRILLED CHEESE SANDWICH AND FRUIT COCKTAIL &amp; CARROTS</p>	<p>18. PANCAKES &amp; FRUIT CUPS</p> <p>CHICKEN NUGGETS AND MASHED POTATOS WITH FRUIT COCKTAIL &amp; GREEN BEANS</p> <p>APPLE SAUCE &amp; VEGGIE STRAWS</p> <p>MINI CORN DOGS WITH GREEN BEANS FRUIT COCKTAIL</p>
<p>21. WHOLE WHEAT CEREAL WITH MILK AND MANDARINS</p> <p>FIDEO SOUP WITH CHICKEN AND FRUIT COCKTAIL &amp; CORN</p> <p>YOGURT &amp; FRESH ORANGES</p> <p>CHICKEN STRIPS WITH CORN AND FRUIT COCKTAIL</p>	<p>22. WAFFLES WITH FRESH STRAWBERRIES</p> <p>SPAGHETTI WITH BEEF WITH CARROTS &amp; FRUIT COCKTAIL</p> <p>STRING CHEESE &amp; SALTINE CRACKERS</p> <p>HAM CHEESE SANDWHICHES WITH CARROTS AND FRUIT COCKTAIL</p>	<p>23. BLUEBERRY MUFFIN WITH YOGURT AND FRUIT</p> <p>CHICKEN ALFREDO WITH CORN &amp; FRUIT COCKTAIL</p> <p>FRESH STRAWBERRIES &amp; CHEX MIX</p> <p>PIZZA ROLLS WITH CORN AND FRUIT COCKTAIL</p>	<p>24.</p> <p style="text-align: center;">SCHOOL CLOSED IN OBSERVANCE OF THANKSGIVING DAY</p>	<p>25.</p> <p style="text-align: center;">SCHOOL CLOSED IN OBSERVANCE OF THANKSGIVING DAY</p>
<p>28. WHOLE WHEAT CEREAL WITH MILK AND MANDARINS</p> <p>CHICKEN ALFREDO WITH GREEN BEANS &amp; FRUIT COCKTAIL</p> <p>YOGURT &amp; FRESH ORANGES</p> <p>CHICKEN STRIPS WITH GREEN BEANS AND FRUIT COCKTAIL</p>	<p>29. WAFFLES WITH FRESH STRAWBERRIES</p> <p>MACARONI &amp; CHEESE WITH HAM &amp; CARROTS &amp; FRUIT COCKTAIL</p> <p>STRING CHEESE &amp; SALTINE CRACKERS</p> <p>HAM CHEESE SANDWHICHES WITH CARROTS AND FRUIT COCKTAIL</p>	<p>30. BLUEBERRY MUFFIN WITH YOGURT AND FRUIT</p> <p>FIDEO SOUP WITH CHICKEN AND FRUIT COCKTAIL &amp; CORN</p> <p>FRESH STRAWBERRIES &amp; CHEX MIX</p> <p>PIZZA ROLLS WITH CORN AND FRUIT COCKTAIL</p>		