# RAINBOW’S END MENU - NOVEMBER 2022

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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| 1 Oatmeal with strawberry puree, Oranges  
M/MA: Chili  
F/V 1: Kidney Beans  
F/V 2: Bananas  
G/B: Whole Wheat Bun  
M/MA: Chicken Egg Roll | 2 Bagels, Applesauce  
M/MA: Chicken Nuggets  
F/V 1: Carrots  
F/V 2: Honeydew  
G/B: Whole Wheat Breading  
G/B: Strawberry Yogurt | 3 Cheerios, Peaches  
M/MA: Mac & Cheese  
F/V 1: Sweet Peas  
F/V 2: Cantaloupe  
G/B: Whole Wheat Breading  
G/B: Goldfish | 4 Muffins, Pears  
M/MA: Chicken Quesadillas  
F/V 1: Black Beans  
F/V 2: Peaches  
G/B: Whole Wheat Crust  
G/B: String cheese and crackers |
| 7 Frosted Shredded Wheat, Peaches  
M/MA: Vegetable Soup  
F/V 1: Green Beans  
F/V 2: Mixed Fruit  
G/B: Whole Wheat Crackers  
M/MA: Soft Pretzel w/Cheese | 8 Election Day | 9 Rice Chex, Fruit Cocktail  
M/MA: Turkey Burger  
F/V 1: Sweet Peas  
F/V 2: Peaches  
G/B: Whole Wheat Bun  
F/V: Apples, Applesauce | 10 Oatmeal with peach puree, Pears  
M/MA: Cheese Pizza  
F/V 1: Salad  
F/V 2: Oranges  
G/B: Whole Wheat Biscuit  
G/B: Animal Crackers  
Meatless Day |
| 14 Cheerios, Peaches  
M/MA: Chicken Soup  
F/V 1: Kidney Beans  
F/V 2: Pears  
G/B: Whole Wheat Crackers  
F/V: Banana | 15 French Toast sticks, Oranges  
MA/MA: Macaroni & Cheese  
F/V 1: Salad  
F/V 2: Strawberries  
G/B: Whole Wheat Crust  
G/B: Cheese slices & Crackers  
Meatless Day | 16 Waffles, Blueberries  
M/MA: Chicken Stir Fry  
F/V 1: Mix Vegetables  
F/V 2: Mandarin Oranges  
G/B: Whole Grain Rice  
G/B: Guac dip & chips | 17 Bran Flakes, Fruit mix  
M/MA: Pasta Salad  
F/V 1: Carrots  
F/V 2: Applesauce  
G/B: Whole Wheat Pasta  
G/B: Cheddar Rice Cakes  
Meatless Day |
| 21 Rice Chex, Peaches  
M/MA: Bosco Sticks w/Marinara  
F/V 1: Mixed Vegetables  
F/V 2: Cantaloupe  
G/B: Whole Wheat Bosco  
G/B: Cheese-Its  
Meatless Day | 22 Blueberry Muffins, Applesauce  
M/MA: Chicken Patty  
F/V 1: Broccoli  
F/V 2: Peaches  
G/B: Whole Wheat Bun  
G/B: Mozzarella Sticks | 23 English Muffins, Peaches  
M/MA: Turkey w/Gravy  
F/V 1: Sweet Potatoes  
F/V 2: Apples  
G/B: Whole Wheat Roll & Pumpkin Pie  
G/B: Animal Crackers | 24 Thanksgiving  
25 Closed Thanksgiving Break |
| 28 Frosted Shredded Wheat, Pears  
M/MA: BBQ Chicken Sandwich  
F/V 1: Broccoli  
F/V 2: Peaches  
G/B: Whole Wheat Crust  
M/MA: Goldfish | 29 Pancakes, Fruit Cocktail  
M/MA: Vegetable Soup  
F/V 1: Green Beans  
F/V 2: Honeydew  
G/B: Whole Wheat Roll  
F/V: Bananas | 30 Bran Flakes, Pears  
M/MA: Vegan Lemon Pepper Chicken  
F/V 1: Cauliflower  
F/V 2: Oranges  
G/B: Whole Wheat Rice  
G/B: Cheese slices & Crackers  
International Meal India | |

**Menu Key:**  
- **Lunch, PM Snack**
- **M/MA:** Meat/Meat Alternative  
  all meals are served with milk.
- **F/V:** Fruit/Vegetable  
  all menus are subject to change.
- **G/B:** Grain/Bread  
- **Other:** Additional items served but not necessary to meet meal pattern requirements.

**Cereal Choice, Cheerios, Frosted Shredded Wheat, Bran Flakes, Rice Chex**

**Rainbow’s End**

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**Menu Serving Times:**

- **Breakfast – 8:30 a.m.**
- **Lunch – 11:30 a.m.**
- **PM Snack – 2:30 p.m.**

- We Serve: 1% milk for ages over 2
- Whole Milk for ages under 2
- We also Offer Soy and Organic with Doctors note