



**Menus for
November
2023**

Head Start
Gray's Woods
Curl Street



**Looking for a job
with family-friendly
hours?**

SCASD Food Services has part time positions available.
\$16.75/hr.
Contact us for additional information.
814-231-5095
foodservices@scasd.org

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family—YOURS!



Wed., November 1

Yogurt (4 oz), Berries, Milk

Grilled Cheese Sandwich
Tomato Soup (1/2 c)
Melon (1/4 c)
Goldfish Crackers Milk

Thursday, November 2

Blueberry Muffin,
Apple Juice, Milk

Turkey OR Cheese Sandwich
Pepper Strips (1/4 c)
Sweet Grapes (1/4 c)
Milk

Friday, November 3

Mini Waffles,
Pineapple, Milk

Pan Pizza
Broccoli (1/4 c)
Applesauce (1/4 c)
Milk

Monday, November 6

Banana Bread,
Pineapple (1/2 c), Milk

Chicken Nuggets (4) & Breadstick
OR Hummus & Flatbread
Peas (1/4 c)
Dried Cherries (1 pkg)
Milk

Tuesday, November 7

Rice Chex, Craisins,
Milk

Pierogies (6 ea)
Roasted Butternut Squash (1/4 c)
Apple Slices (1/2 pkg)
Milk

Wed., November 8

Cinnamon Toast Crunch,
Banana, Milk

Cheeseburger OR Impossible Burger
Baked Beans (1/4 c)
Cantaloupe (1/4 c)
Baked Chips
Milk

Thursday, November 9

Blueberry Muffin,
Orange Juice, Milk

Cheesy Lasagna & 1/2 Bread Stick
Pepper Strips (1/4 c)
Pineapple (1/4 c)
Milk

Friday, November 10

No School Today

**Menus are
Subject to Change**

Monday, November 13

Banana Bread,
Apple Juice, Milk

Chicken Nuggets (4) & Roll
OR Hummus & Flatbread
Corn (1/4 c) Applesauce (1/4 c)
Milk

Tuesday, November 14

Yogurt,
Pineapple, Milk

Hot Dog OR Fish Sticks (3) & Roll
French Fries (1/4c)
Melon (1/4 c)
Milk

Wed., November 15

Rice Chex,
Banana, Milk

Grilled Cheese Sandwich
Tomato Soup (1/2 c)
Peaches (1/4 c)
Goldfish Crackers Milk

Thursday, November 16

Blueberry Muffin,
Applesauce, Milk

Turkey & Dinner Roll
OR Impossible Burger
Mashed Potatoes & Gravy (1/4 c)
Cinnamon Apples (1/4 c)
Ice Cream Milk

Friday, November 17

Mini French Toast,
Raisins, Milk

Pan Pizza
Broccoli (1/4 c)
Mandarin Oranges (1/4 c)
Milk

Monday, November 20

Banana Bread,
Applesauce, Milk

Chicken Nuggets (4) & Roll
OR Warm Cheese Pretzel
Green Beans (1/4 c) Pears (1/4 c)
Milk

Tuesday, November 21

Cheerios, Craisins,
Milk

Black Bean Dip & Chips
Cucumber Slices (1/4 c)
Pineapple (1/4 c)
Cinnamon Churro Milk



WE'RE THANKFUL FOR YOU!

Enjoy the holiday break!
No School November 22-23-24

Monday, November 27

Banana Bread,
Peaches, Milk

Chicken Nuggets (4) & Biscuit
OR Cheese Sticks (3) & Biscuit
Peas (1/4 c)
Mandarin Oranges (1/4 c)

Tuesday, November 28

Cinnamon Rice Chex,
Pears, Milk

Big Daddy's Pizza
Baby Carrots (1/4 c)
Peaches (1/4 c)
Milk

Wed., November 29

Yogurt (4 oz), Berries,
Milk

Pancake (1) & Cheesy Eggs
Hashbrown
Orange Slices (1/4 c)
Milk

Thursday, November 30

Blueberry Muffin,
Apple Juice, Milk

Turkey OR Cheese Sandwich
Roasted Chickpeas (1/4 c)
Sweet Grapes (1/4 c)
Milk

Friday, December 1

Mini Waffles,
Dried Cherries, Milk

Roasted Chicken & Roll
OR Pan Pizza
Mashed Potatoes & Gravy (1/4 c)
Melon (1/4 c) Milk