


November 2018 -Seal Beach

<p>5</p> <p>B: Waffles & milk S: Veggies & ranch L: Turkey, cheese, Pretzels, fruit & veggies S: Nature Valley Bar</p>	<p>6</p> <p>B: English muffin, butter & jelly S: Veggies & ranch L: Mr. Matt's Turkey Chili & Cornbread muffins S: Fruit snacks</p>	<p>7</p> <p>B: Bagel & cream cheese S: Fruit & pretzels L: Meatballs & marinara w/bread S: Chocolate chip granola bar</p>	<p>8</p> <p>B: Cereal & milk S: Fruit & pretzels L: Cheese Quesadilla, rice & black beans S: Dried Cranberries</p>	<p>9</p> <p>B: Raisin Bread & milk S: Hummus & pretzels L: Cheesy Orzo & salad w/ ranch S: Fruit snacks</p>
<p>12</p> <p>B: Raisin Bread & milk S: Hummus & pretzels L: Turkey & cheese roll up & chips S: Dried Cranberries</p>	<p>13</p> <p>B: Waffles & milk S: Veggies & ranch L: Mac & Cheese w/ squash S: Nature Valley Bar</p>	<p>14</p> <p>B: English muffin, butter & jelly S: Veggies & ranch L: Ellison, Julia & Levi's Pizza Party S: Fruit snacks</p>	<p>15</p> <p>B: Bagel & cream cheese S: Fruit & pretzels L: Pasta in marinara & parmesan cheese S: Chocolate chip granola bar</p>	<p>16</p> <p>B: Cereal & milk S: Veggies & ranch L: Bean & cheese burritos, rice & corn S: Dried Cranberries</p>
<p>19</p> <p>B: Cereal & milk S: Fruit & pretzels L: Buttered noodles, oregano, parmesan cheese S: Dried Cranberries</p>	<p>20</p> <p>B: Raisin Bread & milk S: Graham crackers L: Thanksgiving Feast: Turkey, mashed potatoes, corn & rolls S: Chocolate chip granola bar</p>	<p>21</p> <p>B: Waffles & milk S: Veggies & ranch L: Thanksgiving Feast: Turkey, mashed potatoes, corn & rolls S: Nature Valley Bar</p>	<p>22</p>	<p>23</p> 
<p>26</p> <p>B: Bagel & cream cheese S: Fruit & pretzels L: Cheese Quesadilla, rice & black beans S: Chocolate chip granola bar</p>	<p>27</p> <p>B: Cereal & milk S: Fruit & pretzels L: Bean & cheese burritos, rice & corn S: Dried Cranberries</p>	<p>28</p> <p>B: Raisin Bread & milk S: Hummus & pretzels L: Mac & Cheese w/ squash S: Graham crackers</p>	<p>29</p> <p>B: Waffles & milk S: Veggies & ranch L: Turkey, cheese, Pretzels, fruit & veggies S: Nature Valley Bar</p>	<p>30</p> <p>B: English muffin, butter & jelly S: Veggies & ranch L: Pasta in marinara & parmesan cheese S: Fruit snacks</p>