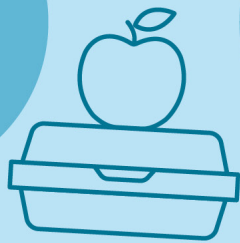


EAT WELL



FEEL GREAT

#eatwellk12



Visit bsd100.org for more information

NEW ITEMS!!!

Macaroni and Cheese and Pasta with Meat Sauce
We also have a special menu for Thanksgiving this month!

NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meals are available for Pick Up on: Monday 10am-12pm at Freedom, Heritage and Pershing Wednesday 10am-12pm at Freedom, Heritage and Pershing Wednesday 4pm-6:30pm at Freedom Friday from 10-12 at Freedom				Week of November 23 rd (Thanksgiving) Meals are available for pick up on Monday Only 10am-12pm at Freedom, Heritage and Pershing 4pm-6pm at Freedom This pick up will have 6 days worth of food with a Thanksgiving meal		1
Breakfast Assorted Cereal Applesauce Lunch Macaroni and Cheese Juice or Fresh Fruit Assorted Vegetables	Breakfast WG Scooby Snack Grahams Craisin Lunch Hot Dog on a WG Bun Juice or Fresh Fruit Assorted Vegetables	Breakfast UBR Bar Raisin Lunch Cheese Pizza Sticks Juice or Fresh Fruit Assorted Vegetables	Breakfast Assorted Cereal Applesauce Lunch Chicken Nuggets and WG Goldfish Juice or Fresh Fruit Assorted Vegetables	Breakfast Muffin Raisin Lunch Grilled Cheese Juice or Fresh Fruit Assorted Vegetables	Breakfast Bagel and Jelly Craisin Lunch Hamburger on a WG Bun Juice or Fresh Fruit Assorted Vegetables	8
Breakfast Trix Cereal Bar Applesauce Lunch Pancakes and String Cheese Juice or Fresh Fruit Assorted Vegetables	Breakfast Assorted Cereal Craisin Lunch Pulled Pork on a WG Bun Juice or Fresh Fruit Assorted Vegetables	Breakfast Benefit Bar Raisin Lunch Cheeseburger on a WG Bun Juice or Fresh Fruit Assorted Vegetables	Breakfast WG Strawberry Frosted Pop Tart Applesauce Lunch Chicken Patty on a WG Bun Juice or Fresh Fruit Assorted Vegetables	Breakfast Assorted Cereal Raisin Lunch Cheese Pizza Sticks Juice or Fresh Fruit Assorted Vegetables	Breakfast WG Elf Grahams Craisin Lunch Grilled Cheese Juice or Fresh Fruit Assorted Vegetables	15
Breakfast Assorted Cereal Applesauce Lunch Cheesy Pizza Sticks Juice or Fresh Fruit Assorted Vegetables	Breakfast Muffin Craisin Lunch Mini Waffles and String Cheese Juice or Fresh Fruit Assorted Vegetables	Breakfast UBR Bar Raisin Lunch T. Ham, Egg and Cheese Bagel Sandwich Juice or Fresh Fruit Assorted Vegetables	Breakfast Cereal Bar Craisin Lunch Chicken Nuggets and WG Goldfish Juice or Fresh Fruit Assorted Vegetables	Breakfast Assorted Cereal and Animal Crackers Raisin Lunch Beef Tacos on WG Tortillas Juice or Fresh Fruit Assorted Vegetables	Breakfast Assorted Cereal Applesauce Lunch Macaroni and Cheese Juice or Fresh Fruit Assorted Vegetables	22
Breakfast Assorted Cereal Applesauce Lunch Chicken Patty on a WG Bun Juice or Fresh Fruit Assorted Vegetables	Breakfast WG Strawberry Frosted Pop Tart Craisin Lunch Pulled Pork on a WG Bun Juice or Fresh Fruit Assorted Vegetables	Breakfast Benefit Bar Raisin Lunch Cheese Pizza Sticks Juice or Fresh Fruit Assorted Vegetables	Breakfast Assorted Cereal Applesauce Lunch Chicken Nuggets and WG Goldfish Juice or Fresh Fruit Assorted Vegetables	Breakfast WG Scooby Snack Grahams Raisin Lunch Sunbutter and Jelly Sandwich Juice or Fresh Fruit Assorted Vegetables	Breakfast Bagel and Jelly Craisin Lunch Turkey and Gravy with Mashed Potatoes Juice or Fresh Fruit Assorted Vegetables	28
Breakfast Trix Cereal Bar Applesauce Lunch Pancakes and String Cheese Juice or Fresh Fruit Assorted Vegetables				Items highlighted in red are Monday's meal pick up items and items highlighted in blue are Wednesday's meal pick up items. Friday will have a mixture of both items.		



Cooking Instructions:

All hot items need to be heated to 165° and can be done in the microwave or in the oven set at 350°.

Macaroni and Cheese comes with Whole Grain Raw Pasta that needs to be boiled until soft. Then once the pasta is drained you can add the cheese sauce and mix.

All Breakfast items are ready to eat.

November Promotions:

Are you picking up meals and wondering what you can do with items?

Make Orange Cranberry Cookies, add fun toppings to your grilled cheese, turn your bagel into a breakfast sandwich or pizza. Get creative and share with us when you visit our pick up locations.