

# NOVEMBER 2022

Estes Park Schools

Monday

Tuesday

Wednesday

Thursday

Friday

**Breakfast:**  
Bagel, Fruit

1

**Lunch:**  
Burgers, sweet potato fries,  
salad bar

**Breakfast:**  
Cereal

2

**Lunch:**  
Chicken Broccoli Alfredo  
Pasta, garlic toast

**Breakfast:**  
Breakfast sandwich

3

**Lunch:**  
Turkey and cheese pickle  
wrap, carrot dippers

**Breakfast:**  
Muffin/berries

4

**Lunch:**  
Pepperoni/Cheese bread  
sticks with marinara, cookie

**Breakfast:**  
Poptarts, string. cheese

7

**Lunch:**  
Chicken strips, applesauce,  
pasta salad

**Breakfast:**  
Oatmeal fruit round

8

**Lunch:**  
Cheese ravioli w/marinara  
Green beans

**Breakfast:**  
Cereal/Oatmeal

9

**Lunch:**  
Popcorn Chicken Sweet  
Potato Fries

**Breakfast:**  
Pancake & Sausage Bites

10

**Lunch:**  
Ham or Turkey melt, chicken  
noodle soup

**Breakfast:**  
Yogurt Parfait

11

**Lunch:**  
Pizza, Caesar salad, jello  
w/mandarin oranges

**Breakfast:**  
French toast, berries

14

**Lunch:**  
Corn dog bites, potato  
smiles, fruit in a cloud

**Breakfast:**  
Cheese omelet, salsa, fruit

15

**Lunch:**  
Bowl of chili, topped w/  
cheddar, corn muffin

**Breakfast:**  
Cereal/Oatmeal

16

**Lunch:**  
BBQ chicken, baked beans

**Breakfast:**  
Muffin, fruit

17

**Lunch:**  
Turkey, mashed potato  
w/gravy, cranberry sc, jello

**Breakfast:**  
Yogurt w/string cheese

18

**Lunch:**  
French bread pizza, garden  
salad, pudding

21

22

23

24

25

THANKSGIVING BREAK-NO SCHOOL

**Breakfast:**  
Pancake & sausage bites

28

**Lunch:**  
Nachos, cheesy beans,  
mandarin oranges

**Breakfast:**  
Poptarts, applesauce

29

**Lunch:**  
Lasagna roll ups,  
garlic toast

**Breakfast:**  
Cereal, oatmeal

30

**Lunch:**  
Chicken nuggets, potato  
smiles, carrot dippers

