








# COON RAPIDS – NOVEMBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>BOOK DAY</b>  MILK SERVED WITH EACH MEAL WHOLE<2 YRS SKIM/1% .2 YRS <b>RED</b> <b>FONT = TODDLER ALT</b> (WG) = WHOLE GRAIN * = CONTAINS PORK	<b>TUITION DUE 1</b>  BAKED CHICKEN BREAST NUGGETS, MIXED VEGGIES, FRESH ORANGE, <b>MANDARINS</b>	<b>2</b>  SWEET AND SOUR CHICKEN, BROWN RICE, CARROTS, FRESH APPLE, <b>SOFT</b> <b>APPLE SLICES</b>	<b>3</b>  TURKEY TACOS, WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, SALAD DRESSING, <b>GREEN BEANS</b> FRESH BANANAS
	<b>6</b>  TURKEY TATOR TOT HOT DISH WITH PEAS, PEACHES	<b>7</b>  CHARGROILED BEEF PATTY WITH KETCHUP ON WG BUN, PEAS, PEARS	<b>8</b>  ITALIAN SPEGHETTI, GREEN BEANS, FRESH APPLE, <b>SOFT APPLE SLICES</b>	<b>WACKY DAY 9</b>  SW LENTILS, CORN BREAD MUFFIN, FRESH ORANGE, <b>MANDARINS</b>	<b>10</b>  CHICKEN FAJITA ON WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, DRESSING, <b>CARROTS</b> , FRESH BANANA
	<b>13</b>  SLOPPY JOES, WG HAMBURGER BUN, CARROTS, PEACHES	<b>14</b>  CHILITO ON WG TORTILLA, PEARS	<b>TUITION DUE 15</b>  CHEESY CHICKEN AND BROCCOLI, WG BREADSTICK, FRESH APPLES, <b>APPLE</b> <b>SAUCE</b>	<b>16</b>  TURKEY CHILI WITH BEANS, WG BREAD STICK, FRESH ORANGE, <b>MANDARINS</b>	<b>CRAZY SOCKS 17</b>  STIR FRY CHICKEN AND CABBAGE, WG BROWN RICE, FRESH BANANA
	<b>20</b>  CHICKEN SPEGHETTI (WG), GREEN BEANS, PEACHES	<b>21</b>  *BBQ PORK RIBLET PATTY, WG BUN, SQUASH, PEARS, <b>BBQ CHICKEN</b> <b>ON WG BUN, SQUASH, PEARS</b>	<b>BROWN DAY 22</b>  TURKEY WILD RICE HOT DISH, CARROTS, FRESH APPLE, <b>SOFT APPLE</b> <b>SLICES</b>	<b>23</b>  <b>THANKSGIVING HOLIDAY - CENTER CLOSED</b>	<b>24</b>
	<b>VIKINGS DAY 27</b>  CHICKEN PARMESAN ON WG BUN, GREEN BEANS, PEACHES	<b>28</b>  SW PINTO BEANS WG BREADSTICK, PEARS	<b>29</b>  CHARGROILED BEEF PATTY WITH KETCHUP ON WG BUN, PEAS, PEARS	<b>PAJAMA DAY 30</b>  STIRFRY BEEF AND BROCCOLI, 5 GRAIN BLEND, FRESH ORANGES, <b>MANDARINS</b>	