

# INVER GROVE HEIGHTS – NOVEMBER 2023



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