

# NOVEMBER 2022

## OAK BLUFFS

In Everything Give Thanks

Gratitude  
Changes Everything

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY  
THANKSGIVING

Pasta & meatballs **1**  
Garlic bread  
Caprese salad  
Fresh fruit  
Skim milk

Cheese & pepperoni **2**  
Pizza  
Garden salad  
Fresh fruit  
Skim milk

Mac & Cheese **3**  
Chicken tenders  
Steamed broccoli  
Fresh fruit  
Skim milk

Hot dog **4**  
Oven fries  
Veggie sticks  
Fresh fruit  
Chocolate skim milk

Mac & Cheese **7**  
Chicken tenders  
Steamed broccoli  
Fresh fruit  
Skim milk

BBQ pork ribs **8**  
Mashed potatoes  
Corn  
Fresh fruit  
Skim milk

Cheese & pepperoni **9**  
Pizza  
Garden salad  
Fresh fruit  
Skim milk

Chicken broccoli **10**  
Alfredo  
Fresh fruit  
Skim milk

**Thank You  
Veterans!  
No School**

Beef Teriyaki **14**  
Rice  
Steamed broccoli  
Fresh fruit  
Skim milk

Beef stew **15**  
Buttermilk biscuit  
Fresh fruit  
Skim milk

Cheese & pepperoni **16**  
Pizza  
Garden salad  
Fresh fruit  
Skim milk

Roasted turkey **17**  
**ALL** the fixings  
Fresh fruit  
Skim milk

Cheeseburger **18**  
Chips  
Veggie sticks  
Chocolate skim milk

Chicken & cheese **21**  
Quesadilla, rice, corn  
Sour cream & salsa  
Fresh fruit  
Skim milk

Ham & cheese **22**  
Croissant  
Veggie sticks  
Fresh fruit  
Skim milk

**Thanksgiving  
Break**

HAPPY  
Thanksgiving

**Thanksgiving  
Break**

Minestrone soup **28**  
Buttermilk biscuit  
Fresh fruit  
Skim milk

Beef Taco **29**  
Sour cream & salsa  
Fresh fruit  
Skim milk

Cheese & pepperoni **30**  
Pizza  
Garden salad  
Fresh fruit  
Skim milk

### Daily Alternative Lunch

Deli Sandwich  
Sunflower Butter & Jelly Sandwich

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Only whole grain breads available ( W/G )

**ALL meals FREE to students through 6/30/23**

MY  
SCHOOL  
BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com