# NOVEMBER 2022

**Pacific Heritage Academy**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1**<br>FRENCH TOAST<br>BEAN DIP NACHOS<br>SHREDDED CHEESE<br>DAILY FRUIT & VEGGIE BAR | **2**<br>PANCAKE SAUSAGE SANDWICH<br>MEAT BALL SUB<br>BAKED BEANS<br>MOZARELLA CHEESE<br>DAILY FRUIT & VEGGIE BAR | **3**<br>BREAKFAST BURRITO<br>PEPPERONI PIZZA BOATS<br>MARINERA SAUCE<br>DAILY FRUIT & VEGGIE BAR | **4**<br>POP TART<br>CHILI/CHEESE OVER TATOR TOTS<br>BREADSTIK<br>DAILY FRUIT & VEGGIE BAR |
| **7**<br>UBR COOKIE<br>CHICKEN NUGGETS<br>MASHED POTATO<br>DAILY FRUIT & VEGGIE BAR | **8**<br>MINI PANCAKES<br>ORANGE CHICKEN<br>RICE<br>FORTUNE COOKIE<br>DAILY FRUIT & VEGGIE BAR | **9**<br>CINNAMON ROLL<br>HAMBURGER<br>CHIPS<br>DAILY FRUIT & VEGGIE BAR | **10**<br>YOGURT PARFAIT<br>POPCORN<br>CHICKEN BOWL<br>MASHED POTATO<br>DAILY FRUIT & VEGGIE BAR | **11**<br>DONUTS<br>FISH NUGGETS<br>TATAR SAUCE<br>DINNER ROLL<br>DAILY FRUIT & VEGGIE BAR |
| **14**<br>BAGEL& CREAM CHEESE<br>BBQ RIBBLET SANDWICH<br>CORN IN COB<br>DAILY FRUIT & VEGGIE BAR | **15**<br>MINI BREAKFAST BITES<br>TERIYAKI CHICKEN<br>RICE<br>FORTUNE COOKIE<br>DAILY FRUIT & VEGGIE BAR | **16**<br>PANCAKE ON STICK<br>CHICKEN SANDWICH<br>FRIES<br>DAILY FRUIT & VEGGIE BAR | **17**<br>ASYNCHRONOUS DAY<br>PICK UP BREAKFAST & LUNCH AVAILABLE | **18**<br>BREAKFAST PIZZA<br>MAC AND CHEESE<br>DINNER ROLL<br>DAILY FRUIT & VEGGIE BAR |
| **21**<br>BREAKFAST SMOOTHIE<br>CORN DOG<br>BAKED BEASN<br>TATOR TOTS<br>DAIY FRUIT & VEGGIE BAR | **22**<br>BANANA BREAD W/ HOT CHOCOLATE<br>SPECIAL TURKEY DINNER | **23**<br>NO SCHOOL | **24**<br>THANKSGIVING DAY<br>NO SCHOOL | **25**<br>NO SCHOOL |
| **28**<br>MUFFIN<br>PB&J<br>GRANOLA BAR<br>STRING CHEESE<br>BABY CARROTS<br>FRUIT | **29**<br>WAFFLES<br>BEAN AND CHEESE BURRITO<br>DAILY FRUIT & VEGGIE BAR | **30**<br>BERRIES & CREAM TWIN<br>CHEESE QUESADILLA<br>DAILY FRUIT & VEGGIE BAR | *Did you know?*<br>The full moon in November is traditionally called the Beaver Moon in the US. | |

*FRESH FRUITS OFFERED: APPLES, BANANAS, ORANGES, PEARS, GRAPES, WATERMELON AND MORE.

REMEMBER**** SEVERAL ITEMS CAN CHANGE DUE TO ABILITY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

ALL MEALS INCLUDE MILK (WHITE OR CHOCOLATE) EXTRA MILK: $.25

*During BREAKFAST.*

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*During BREAKFAST, cereal and muffins are offered as daily alternatives to the breakfast entrée. Milk and fruit are offered daily at breakfast time.*