



Benjamin Preparatory School

November Menu 2023

The Benjamin Preparatory School

V=Vegetarian

ALL SIDES ARE INCLUDED IN THE VEGETARIAN MEAL ENTRÉE

Breakfast:

Monday- Oatmeal Bars w/ Apple Sauce*

Tuesday- Cereal Bar and fruit

Wednesday- Cinnamon Raisin bagel w/ Cream Cheese and fruit

Thursday – Cheerios & fresh fruit*

Friday- Pancakes & Turkey Bacon w/ fruit

Snacks:

MONDAY

AM: Graham Crackers & Gogurt

PM (1): Sun Chips & Cheese

PM (2): Goldfish

TUESDAY

AM: Animal Crackers & Raisins

PM (1): Biscuits & Fruit

PM (2): Cheeze-Its

WEDNESDAY

AM Snack Mix & Gogurt

PM (1): Cheeze-Its & Seasonal Fruit

PM (2): Fruit

THURSDAY

AM: Veggie Straws & Seasonal Fruit

PM (1): Pretzels & Raisins

PM (2): Fig Bar

FRIDAY

AM: Snack Mix & Gogurt

PM (1): Wheat Thin Crackers & Cheese

PM (2): Applesauce

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Tenders Fries Fruit V=Beyond Chicken Tenders	2 Orange Chicken Rice String Beans Fruit V=Beyond Orange Chicken	3 Swedish Meatballs Mashed Potatoes Peas V=Beyond Meatballs
6 Turkey Burgers Tator Tots Fruit V=Beyond Burgers	7 BBQ Chicken Baked Beans Fruit V=Beyond BBQ Chicken	8 Cheese Lasagna Rolls Fruit	9 Chicken Salad Crackers Fruit V=Jack fruit Chicken	10 VETERANS HOLIDAY SCHOOL CLOSED
13 Grilled Cheese Tomato Soup Mixed Vegetables	14 Baked Chicken Mac & Cheese Corn V=Beyond Baked Chicken	15 Shepherd's Pie Salad Fruit V=Beyond Shepherd's Pie	16 Alfredo Noodles Vegetables Fruit	17 Chicken and Waffles Fruit V=Beyond Sausage
20 SCHOOL CLOSED	21 SCHOOL CLOSED	22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED
27 Chicken Soft Taco Black Beans Fruit V=Beyond Soft Taco	28 Spaghetti & Meatballs Fruit Vegetables V=Beyond Meat	29 Turkey Chili Chips Mixed Vegetables Fruit V=Beyond Chili	30 Chicken Alfredo Broccoli Fruit V=Beyond Chicken Alfredo	

Morning snack and lunch served with milk. All other snacks served with water.