

Fueling Brains Walden Weekly Food Menu - November 2024



Date	Breakfast	Lunch	Snack
Nov 1st	Bagel and Strawberries	Chilli Bean soup/ Deli Beef sandwich/ Cucumber/ carrots sticks/ Milk	Oranges
Nov 04th	Rice Krispies/Banana	Cream of Spinach Soup/ Chicken Nuggets/ French Fries/ Corn on the cob/ Milk	Cookie/Muffin
Nov 05th	Toast/Oranges	Three Sisters Soup/ Pork Souvlaki, Rice/ / Green Beans, Yellow and orange carrots/ Milk	Yogurt
Nov 06th	Cheerios/Blueberries	Cream of Vegetables Soup/ cheese Tortellini in Tomato Sauce/Dinner Rolls/ Baby carrots/ cherry tomatoes	Apple Slices
Nov 07th	Waffles/Apples	Pumpkin soup/ Battered Fish/Potatoes Wedges/ steamed carrots/Peas/Corn/ Milk	Cheese & Crackers

For those children with food allergies and restrictions to gluten/dairy/fish/egg and meat products an alternative will be provided for all meals. REMINDER: We are a nut free school

Fueling Brains Walden Weekly Food Menu - November 2024



Date

Breakfast

Lunch

Snack

Date	Breakfast	Lunch	Snack
Nov 11	Closed	Closed	Closed
Nov 12	Rice Krispies/Banana	Red Lentil Soup/ Hotdog on a Bun/ Steamed Carrots/ Peas/ Corn Milk	Cookie//Muffin
Nov 13	Toast/Oranges	Split Pea Soup/ Turkey Crepes/ Steamed Broccoli Milk	Yogurt
Nov 14	Cheerios/Blueberries	Chilli Bean Soup Fish Sticks/ Lemon Garlic Potato Wedges Celery/Cucumber Sticks Milk	Apple Slices
Nov 15	Waffles/Apples	Louisiana Chicken Soup Mediterranean Frittata Soup/ Dinner Rolls/ Steamed Sunrise Mix Milk	Cheese & Crackers

For those children with food allergies and restrictions to gluten/dairy/fish/egg and meat products an alternative will be provided for all meals. REMINDER: We are a nut free school

Fueling Brains Walden Weekly Food Menu- November 2024



Date

Breakfast

Lunch

Snack

Nov 18	Bagel and Strawberries	Tuscan White Bean and Kale Soup Beef Lasagna/Garlic bread Steamed Carrots/Peas/Corn Milk	Oranges
Nov 19	Rice Krispies/Banana	Florentine Soup/ Swiss Cheese Sandwich/ Steamed Peas & Carrots/ Milk	Cookie//Muffin
Nov 20	Toast/Oranges	Carrot & Apple soup/ Swedish Meatballs/ Rice Pilaf/ Baby carrots/ Cherry/ tomatoes Milk	Yogurt
Nov 21	Cheerios/Blueberries	Chicken vegetables Soup/ Chicken Mango Sandwich Sandwich Celery and Cucumber sticks Milk	Apple Slices
Nov 22	Waffles/Apples	Pastina Soup Maple Baked Beans/ Dinner Rolls/ Milk	Cheese and Crackers

For those children with food allergies and restrictions to gluten/dairy/fish/egg and meat products an alternative will be provided for all meals. REMINDER: We are a nut free school

Fueling Brains Walden Weekly Food Menu- November 2024



Date

Breakfast

Lunch

Snack

Date	Breakfast	Lunch	Snack
Nov 25	Bagel and Strawberries	Navy Bean Soup, Sweet & Sour Chicken Balls/ Steamed Rice/ Steamed Carrots/ Peas/ Corn/ Milk	Oranges
Nov 26	Rice Krispies/Banana	Minestrone Soup/ Cucumber/ Cream Cheese Sandwich/ Steamed peas/ Carrots/ Milk	Cookie//Muffin
Nov 27	Toast/Oranges	Chili Bean Soup/ Philly Beef/ Homemade Potato Salad/ Milk	Yogurt
Nov 28	Cheerios/Blueberries	Carrot & Apple soup/ Turkey Sandwich/ Celery/ Cucumber sticks/ Milk	Apple Slices
Nov 29	Waffles/Apples	Pumpkin Soup Tuna Patty, Potato Puffs/ Fresh Broccoli & Cauliflower/ Milk	Cheese and Crackers

For those children with food allergies and restrictions to gluten/dairy/fish/egg and meat products an alternative will be provided for all meals. REMINDER: We are a nut free school