

BREAKFAST

NOVEMBER 2022

Happy Thanksgiving!

[Higher Institute of Arts & Technology

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Assorted Muffins Fruit Juice Milk</p> <p>7</p>	<p>Apple Cinnamon Oatmeal Sausage Toast Fruit Milk</p> <p>1</p>	<p>Yogurt Granola Juice Milk</p> <p>2</p>	<p>Hashbrowns Eggs Juice Fruit Milk</p> <p>3</p>	<p>NO SCHOOL</p> <p>4</p>
<p>Assorted Danishes Fruit Milk</p> <p>14</p>	<p>Cheesy Grits Bacon Biscuits Juice Milk</p> <p>8</p>	<p>Assorted Cold Cereal Juice Fruit Milk</p> <p>9</p>	<p>Sausage & Egg Bagels Fruit Juice Milk</p> <p>10</p>	<p>Cereal Bars Fruit Juice Milk</p> <p>11</p>
<p>Yogurt Granola Fruit Milk</p> <p>21</p>	<p>Pancake on a Stick Syrup Sausage Fruit Milk</p> <p>15</p>	<p>Granola Bars Fruit Juice Milk</p> <p>16</p>	<p>Breakfast Burritos Fruit Juice Milk</p> <p>17</p>	<p>Assorted Fruit Bars Juice Milk</p> <p>18</p>
<p>Granola Bars Juice Fruit Milk</p> <p>28</p>	<p>Hashbrowns Sausage Croissants Milk</p> <p>22</p>	<p><i>Thanksgiving!</i> Danishes Fruit Milk</p> <p>23</p>	<p>Thanksgiving</p> <p>24</p>	<p>Thanksgiving</p> <p>25</p>
<p>Biscuits/Eggs/Cheese Fruit Juice Milk</p> <p>29</p>	<p>Assorted Muffins Fruit Juice Milk</p> <p>30</p>			

[All Meals Are Served with a Choice Of Milk
Meals Are Subject To Change Without Notice]

LUNCH

NOVEMBER 2022

[Higher Institute of Arts & Technology

Happy Thanksgiving!

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Chicken Alfredo Broccoli Rolls Milk</p> <p>14</p>	<p>Beef Tacos Mexican Rice Fruit Milk</p> <p>1</p>	<p>Chicken Patties Corn Fruit Milk]</p> <p>2</p>	<p>Smoke Sausage Red Roasted Potatoes Fruit Milk</p> <p>3</p>	<p>NO SCHOOL</p> <p>4</p>
<p>Lasagna Garden Salad Garlic Bread Fruit Milk</p> <p>7</p>	<p>Hot Dogs Buns Baked Beans Milk</p> <p>8</p>	<p>Turkey Subs Chips Cookies Milk</p> <p>9</p>	<p>Chicken Tenders Steak Fries Fruit Milk</p> <p>10</p>	<p>Hamburgers Lettuce/Tomatoes Corn on Cobb Fruit Milk</p> <p>11</p>
<p>Spaghetti/Meatballs Green Peas Rolls Fruit Milk</p> <p>21</p>	<p>Walking Tacos Refried Beans Rice Fruit Milk</p> <p>22</p>	<p>Turkey/w/gravy Mashed Potatoes Green Beans Rolls Fruit Milk</p> <p>16</p>	<p>Pulled Pork Roasted Potatoes Fruit Milk</p> <p>17</p>	<p>Pizza Rolls Carrot Sticks Fruit Milk</p> <p>18</p>
<p>Mostaccioli Salad Broccoli Garlic Bread Milk</p> <p>28</p>	<p>Beef Tacos Lettuce/Tomatoes Lime Rice Fruit Milk</p> <p>29</p>	<p>Thanksgiving</p> <p>23</p>	<p>Thanksgiving</p> <p>24</p>	<p>Thanksgiving</p> <p>25</p>

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