

2022



***** DON'T FORGET! *****


Set Your Clocks back 1 HOUR before you go to bed on Saturday, November 5 and change the batteries in your smoke detectors too!

Daylight Savings Time



BREAKFAST WORKS !!!

	Tuesday	Wednesday	Thursday	Friday	Nutrients	
	Cereal Bar Raisins Orange Juice Low Fat Milk-Variety	Dream Waffle Mixed Fruit Cup Apple Juice Low Fat Milk-Variety	UBR Cookie Flavored Craisins Apple Juice Low Fat Milk-Variety	Super Donut Fresh Apple Slices bag Apple Juice Low Fat Milk-Variety	Pop Tart Applesauce Cup Orange Juice Low Fat Milk-Variety	Cal 503 T.Fat 8.82 G S.Fat 3.5 G Chol 18.5 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
7 Cheese Stuffed Breadstick w/ Dip Green Beans Apple Crisps Low Fat Milk-Variety	8 NO SCHOOL TODAY! VOTE  ELECTION DAY	9 Cheeseburger Minis Peas Broccoli Applesauce Cup Low Fat Milk-Variety	10 Domino's Pizza Broccoli and Dip Carrot Sticks Fresh Apple Slices bag Low Fat Milk-Variety	11 Pop Corn chicken Goldfish wg Sweet Potato Waffle Fries Steamed Cauliflower Apple Juice Low Fat Milk-Variety	Cal 593 T.Fat 16.71 G S.Fat 5.7 G Chol 49.8 Mg Sodm 963.99 Mg Carb 85.14 G Fiber 7.9 G Prtn 29.66 G Iron 2.89 Mg
14 Crazy Cheese Bread Marinara Cups Cauliflower Chilled Mandarin Oranges JonnyPop Low Fat Milk-Variety CELEBRATE WORLD KINDNESS DAY!!	15 Calzone w/beef pepperoni Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	16 Taco Stick Salsa Cup Corn Applesauce Cup Low Fat Milk-Variety	17 Domino's Pizza Garden Salad & Dressing Green Beans Peach Cup Low Fat Milk-Variety	18 Turkey & Gravy Mashed Potato & Roll Corn Baked Apple Slices Pudding Cup Low Fat Milk-Variety Thanksgiving Feast!	Cal 654 T.Fat 17.24 G S.Fat 6.7 G Chol 46.1 Mg Sodm 1116.95 Mg Carb 95.91 G Fiber 6.6 G Prtn 31.42 G Iron 4.06 Mg




Celebrate World Kindness Day On Sunday, November 13 to promote kindness throughout the world

"This Institution is an equal opportunity provider."

**CENTRAL &
GLENDALE
PRIMARY SCHOOLS**

GRADES K-2

Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a **current 2022-2023** application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal. If you have any questions about the Free and Reduced meal program please call 440-439-4530.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p style="text-align: center;">21</p> <p>Corn Puppies (turkey) & Condiments Potato Smiles Dragon Punch Juice Fruit Cocktail Low Fat Milk-Variety</p>	<p style="text-align: center;">22</p> <p>Grilled Cheese Green Beans Carrot Sticks Blue-Raspberry Cup Low Fat Milk-Variety</p>	<p style="text-align: center;">23</p> <p>NO SCHOOL TODAY!</p> <div style="text-align: center;">  <p>Thanksgiving Break!</p> </div>	<p style="text-align: center;">24</p> <p>NO SCHOOL TODAY!</p> <div style="text-align: center;">  <p>Thanksgiving Day!</p> </div>	<p style="text-align: center;">25</p> <p>NO SCHOOL TODAY!</p> <div style="text-align: center;">  <p>Thanksgiving Break!</p> </div>	<p>Cal 651 T.Fat 17.43 G S.Fat 6.2 G Chol 34.4 Mg Sodm 1116.35 Mg Carb 99.09 G Fiber 8.1 G Prtn 27.07 G Iron 2.20 Mg Calc 608.30 Mg Vit A 26.19 RE Vit C 34.13 Mg</p>
<p style="text-align: center;">28</p> <p>Honey BBQ Beef Rib/Bun Potato Smiles Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety</p>	<p style="text-align: center;">29</p> <p>Chicken Nuggets w/ BBQ Split Top Wheat Roll Corn Vegetarian Baked Beans Chilled Peaches Low Fat Milk-Variety</p>	<p style="text-align: center;">30</p> <p>Rotini Pasta w/ Meat Sauce Goldfish wg Veggie California Blend Chilled Pears Low Fat Milk-Variety</p>	<p style="text-align: center;">1</p> <p>DECEMBER 1 Domino's Pizza Red Veg Plate Peas Mixed Fruit Cup Low Fat Milk-Variety</p>	<p style="text-align: center;">2</p> <p>Ham and Cheese Stuffer Broccoli Carrot Sticks Applesauce Cup Low Fat Milk-Variety</p>	<p>Cal 663 T.Fat 15.62 G S.Fat 5.3 G Chol 40.4 Mg Sodm 1171.47 Mg Carb 103.21 G Fiber 9.7 G Prtn 31.67 G Iron 3.74 Mg Calc 503.46 Mg Vit A 28.86 RE Vit C 36.62 Mg</p>

Ingredients and menu items are subject to change or substitution without notice.

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