

BridgePrep Academy
South Main & Satellite

Happy
Thanksgiving
Day

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><u>BREAKFAST:</u> Orange Juice Cereal Blueberry Muffin Milk <u>LUNCH:</u> Macaroni & Cheese WG Garlic Bread Black Eyed Peas Broccoli Fruits Milk <u>SNACK:</u> Bread Sticks w/ Cheese Dip</p>	<p><u>BREAKFAST:</u> Fruits Bagel <i>Cream Cheese</i> Milk <u>LUNCH:</u> Chicken Nuggets Brown Rice Corn & Green Beans Fruits Milk <u>SNACK:</u> Assorted Crackers Juice</p>	<p><u>BREAKFAST:</u> Fruits Whole Wheat Toast <i>Butter & Jelly</i> Milk <u>LUNCH:</u> Salisbury Steak <i>Gravy</i> Whole Grain Bread Mashed Potatoes Peas and Carrots Fruits Milk <u>SNACK:</u> Fruits Milk</p>	<p><u>BREAKFAST:</u> Fruits English Muffin <i>Butter & Jelly</i> Boiled Eggs Milk <u>LUNCH:</u> BBQ Chicken Brown Rice Red Beans Plantains Fruits Milk <u>SNACK:</u> Fruits Yogurt</p>	<p><u>BREAKFAST:</u> Fruits Waffles <i>Syrup</i> Milk <u>LUNCH:</u> Cuban Sandwich (Pork, ham, Swiss Cheese, pickles) <i>Mayo & Mustard</i> Baked Sweet Potato Fries Tossed Salad & Ranch Fruits Milk <u>SNACK:</u> Oatmeal Cookies Milk</p>
9	10	11	12	13
<p><u>BREAKFAST:</u> Blended 100% Juice Cereal Banana Bread Milk <u>LUNCH:</u> Chicken Fettuccine Alfredo WG Garlic Roll Ceasar Salad w/Tomatoes <i>Dressing</i> Fruits Milk <u>SNACK:</u> Graham Crackers Milk</p>	<p><u>BREAKFAST:</u> Fruits Whole Grain Raisin Bread <i>Butter</i> Milk <u>LUNCH:</u> Shredded Cilantro Beef Brown Rice Black Bean Mixed Vegetables Fruits Milk <u>SNACK:</u> Tortilla Shredded Cheese</p>	<p><u>BREAKFAST:</u> Seasonal Fresh Fruit Cereal Milk <u>LUNCH:</u> Chicken Fajitas w/ Sour Cream WW Flour Tortilla Shredded cheese Onions & Peppers Corn Fruits Milk <u>SNACK:</u> Animal Crackers Fruits</p>	<p><u>BREAKFAST:</u> Fruits Pancakes Milk <u>LUNCH:</u> Spaghetti & Meat Sauce WG Garlic Bread Green Salad & Tomatoes Low fat Dressing Fruits Milk <u>SNACK:</u> Granola Bar (no peanuts) Milk</p>	<p><u>BREAKFAST:</u> Fruits Breakfast Burrito Milk <u>LUNCH:</u> Fish Sticks <i>ketchup</i> Brown Rice Green Peas Fruits Milk <u>SNACK:</u> Ass. WG Crackers Oranges Slices</p>



Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
<u>BREAKFAST:</u> Fruits Cereal Milk <u>LUNCH:</u> Roasted Pork Whole Grain Roll Mashed Potatoes Mixed Vegetable Fruits Milk <u>SNACK:</u> Yogurt Fruits	<u>BREAKFAST:</u> Fruits Blueberry Muffin Milk <u>LUNCH:</u> Chicken Strips Brown Rice Salad <i>dressing</i> Corn Fruit Milk <u>SNACK:</u> Cookies Milk	<u>BREAKFAST:</u> Fruits Cheese Toast Milk <u>LUNCH:</u> Picadillo (Beef) WG Roll Green Peas Fruit Milk <u>SNACK:</u> Milk Fish Shaped Crackers	<u>BREAKFAST:</u> Grape Juice English Muffin <i>Cream Cheese & Jelly</i> Milk <u>LUNCH:</u> Baked Chicken Brown Rice Broccoli Fruits Milk <u>SNACK:</u> Animal Crackers Fruits	<u>BREAKFAST:</u> Fruits Boiled Eggs WG Toast Milk <u>LUNCH:</u> Cheeseburger Lettuce and Tomato <i>Mustard, Mayo, Ketchup</i> Carrots & Green Beans Sweet Potato Fries Fruits & Milk <u>SNACK:</u> Milk Assorted WG Crackers
23	24	25	26	27
<u>BREAKFAST:</u> Juice Fruits Cereal Milk <u>LUNCH:</u> Baked Chicken WW Roll <i>butter</i> Mashed Potatoes Peas & Carrots Fruit & Milk <u>SNACK:</u> Assorted Crackers Fruits	<u>BREAKFAST:</u> Fruits Whole Grain Bagel <i>Cream Cheese</i> Milk <u>LUNCH:</u> ** SPECIAL MENU THANKSGIVING ** <u>SNACK:</u> Yogurt Fruits	 Happy Thanksgiving		
30				
<u>BREAKFAST:</u> Fruits Cinnamon Raisin Bagel <i>Cream Cheese</i> Milk <u>LUNCH:</u> Chicken Enchilada WW Bread Brown Rice Green Peas & Corn Fruits & Milk <u>SNACK:</u> Animal Crackers Fruits				

